



# Miling Primary School

'Together we learn and achieve'

AN INDEPENDENT PUBLIC SCHOOL

25th March, 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 8

*I have been developing our 2019 Annual Report and it is a great way to review the activities and opportunities that our school provides for the building of skills and knowledge in preparation for the 21st century. Such a diverse range of experiences that is fully supported by our community.*

### Swimming Carnival

Congratulations to all of our fabulous swimmers who demonstrated the wonderful 'Miling Way' at the recent Interschool Carnival.

Our students were deservedly rewarded with the Overall Shield, some individual awards and new records on the day. A list of all records achieved on the day is included in the newsletter.

### Attendance

Please ensure you notify the school via diary, e mail or telephone to the office/classroom regarding your child's absence especially in this current climate.

### School Board Update

There has been another resignation from the board. Please think about the terrific contribution you can make to the sustainable future for our students and school. If you are interested in joining the Board and taking more of a role in the development of the school please contact Ms Murray direct, via email at Michelle.Murray5@education.wa.edu.au

Welcome to Naomi Harrington who has taken up a vacant position on the board.

### Cancelled Events

Please note that next week's assembly and P&C meeting have been cancelled. Also the ANZAC Service.

### Upgrade of Main Road

Work has commenced on the main road. Please be aware of this work when coming to and from the school as some roads will be closed.

### Mosquitos

Please support the reduction in mosquito breeding by emptying old water containers or other places filled with water and saucers under plants to ensure that there is not a place for breeding.

### COVID 19 Update

At this present time school will be open until the school holidays. The staff are working hard to ensure that educational programs are continuing and in addition are supporting families who have withdrawn their children. We will evaluate our teaching and learning day by day to prepare and deliver the best educational outcomes for our students.

*Regards*

*Ms Murray,*

*Principal*

PRIDE - EFFORT - PROGRESS

*Respect Cooperation Kindness Perseverance*

# Classroom Learning Focus

## Senior Room



This term in Physical Education the Senior Room has been learning basketball. They have been practising their dribbling and shooting as well as learning how to lead for the ball. Some future basketball stars in the making!



## Junior Room

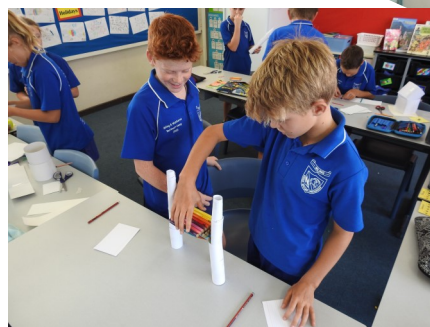


In the Junior Room we are learning some new moves! Animal Fun is an evidenced based program designed by physiotherapists, occupational therapists and psychologists to improve the motor skills and social skills of young children. Thanks to the P&C for purchasing our fun new program.



## Ms Murray

The Senior Room students took on a STEM challenge of 10 pieces of card, 20 pop sticks and some scrap card to research then construct a tower that would hold a small figurine. They problem solved, adapted, engineered, estimated, used mathematics and engaged with technology to complete the task really well.



## Our Student Leader Fundraiser for Term 2 is Bandanna Day.

Every dollar raised will help CanTeen provide both practical and emotional support for young people through counselling services, individual assistance, online resources and peer support programs.

The student leaders have some fun ideas for the day and will demonstrate 6 great ways on how to wear them.



Please make sure your order form is back to the school by Monday 6<sup>th</sup> of April.

### Cancelled Events

- \* Assemblies
- \* ANZAC Day
- \* Board Meetings
- \* P & C Meetings
- \* ILN Indonesian Day
- \* Resilience and Well Being Expo
- \* Moora Performing Arts
- \* Most other gatherings of community





## Congratulations Summer

On Sunday the 8<sup>th</sup> March Summer competed in the Moora Triathlon Fun Course as an Individual in the U/12 girls age group. She came 1<sup>st</sup> and broke the record by two minutes. Not a bad effort for a 10yr old.

Well done Summer, keep waving the Bindi-Miling flag!



Thanks to Janet for providing us with this information.

<b>R E C O R D S</b>	<b><u>B/G</u></b>	<b><u>Event</u></b>	<b>P R E C O R D S</b>	<b><u>First Place 2020</u></b>	<b><u>Time</u></b>	<b><u>School</u></b>
13.87	G	Girls JUNIOR CHAMP FREESTYLE 12M	14.44	Milla Helms	13.87	Dandaragan
21.44	B	Boys INT CHAMP FREESTYLE 25M	23.28	Tarquin Stanley	21.44	Kalannie
21.37	G	Girls INT CHAMP FREESTYLE 25M	21.78	Eliza Seymour	21.37	Miling
17.16	B	Boys Year 1 Freestyle/Kickboard 12m Div 2	26.00	George Viola	17.16	Dandaragan
14.03	G	Girls Year 2 Freestyle 12m Div 1	14.90	Milla Helms	14.03	Dandaragan
17.16	G	Girls Year 2 Freestyle/Kickboard 12m Div 3	17.75	Caitlyn Pratt	17.16	Miling
22.91	B	Boys Year 4 Freestyle 25m Div 1	24.62	Tarquin Stanley	22.91	Kalannie
22.06	G	Girls Year 4 Freestyle 25m Div 1	22.20	Eliza Seymour	22.06	Miling
11.34	G	Girls Year 4 Freestyle 12m Div 2	14.90	Heidi Mincherton	11.34	Miling
11.78	G	Girls Year 4 Freestyle Kickboard 12m Div 3	14.21	Keira Latham	11.78	Miling
21.06	B	Boys Year 5 Freestyle 25m Div 1	21.85	Jacob Seymour	21.06	Miling
20.22	B	Boys Year 5 Freestyle 25m Div 2	29.99	Jett Seymour	20.22	Miling
19.25	G	Girls Year 6 Freestyle 25m Div 2	23.75	Chloe Latham	19.25	Miling
20.93	G	Girls Year 6 Freestyle 25m Div 3	24.70	Summer Lewis	20.93	Miling
20.13	G	Girls JUN CHAMP BREASTSTROKE 12M	20.88	Charlotte Stanley	20.13	Kalannie
29.44	G	Girls INT CHAMP BREASTSTROKE 25M	30.53	Heidi Mincherton	29.44	Miling
25.53	B	Boys Yr 1 12m Breaststroke - K/Bd Div 1	25.75	Jude Roberts	25.53	Dandaragan
22.69	G	Girls Year 2 12m Breaststroke-K/bd Div 2	23.25	Zoe Bailey	22.69	Miling
16.75	B	Boys Year 3 Breaststroke 12m Div 1	17.34	Liam Crombie	16.75	Badgiroo
17.75	B	Boys Year 4 Breaststroke 12m Div 1	18.15	Tarquin Stanley	17.75	Kalannie
14.81	G	Girls Year 4 Breaststroke 12m Div 1	16.56	Heidi Mincherton	14.81	Miling
15.12	G	Girls Year 4 Breaststroke 12m Div 2	21.14	Eliza Seymour	15.12	Miling
17.69	G	Girls Year 4 Breaststroke/Kickboard 12m Div 3	23.91	Keira Latham	17.69	Miling
27.38	B	Boys Year 5 Breaststroke 25m Div 1	31.74	Ryan Crombie	27.38	Badgiroo
30.65	B	Boys Year 5 Breaststroke 25m Div 2	31.58	Jett Seymour	30.65	Miling
58.28	B	Boys Year 6 Breaststroke 50m Div 1	58.47	Ethan Georgy	58.28	Miling
30.03	B	Boys Year 6 Breaststroke 25m Div 2	31.14	Ollie Keamy	30.03	Badgiroo
27.31	G	Girls Year 6 Breaststroke 25m Div 3	36.65	Summer Lewis	27.31	Miling
52.13	B	Boys SNR CHAMP BACKSTROKE 50M	51.71	Benjamin Martin	52.13	Miling
1.12.91	M	MIXED LOWER SCHOOL RELAY (6) Yr 3&4	1.24.90	Dandaragan	1.12.91	Dandaragan

# Health and Well Being

## 11 Tips for Staying Calm During the Time of the Coronavirus.

**Gretchen Rubin**

There's so much fear and uncertainty around the rapidly evolving COVID-19 situation. People all around the world are grappling with it in different ways.

There are times when we don't feel happy or calm, and that's appropriate and natural. But even in those times, **we can take steps to feel as happy and as calm as we can be**—and in doing so, we help ourselves weather a crisis more effectively, and we also strengthen ourselves to be more helpful to others and to our community.

**So, for people who are fortunate enough to be in good health (remember gratitude!), in addition to crucial health measures such as washing our hands and practicing social distancing, what can we do in a challenging time like this?** Note—these ideas will change as the situation changes. I'm certain that I will write more than one post on this subject.

1. **Take care of your body.** This is important for health and also for mood. Get enough sleep, wake up at a normal hour, eat healthy food, don't drink too much, stick to a regular routine of personal hygiene and dress, and in particular...
2. **Keep moving.** This may be tough if your normal exercise routine is disrupted. Figure out how to keep active. Even in a small space you can do yoga, you can watch YouTube videos for cardio work-outs, you can use exercise apps, or one of many other resources to give you a work-out at home.
3. **Beware of information overload.** We all want to stay up-to-date with the latest news, but it's easy to get overwhelmed. Learn what you need to learn, but don't get sucked into the three-hour scroll.
4. **Prepare.** When a crisis hits, people want to prepare. People don't always prepare in the most helpful and rational ways, but they want to do something, and they will do something. So get informed by a sound source, prepare wisely, Action is the antidote for anxiety.
5. **Tidy up.** Yes, I know it sounds ridiculous—such a petty gesture in the face of an overwhelming challenge—but over and over, people tell me that outer order gives them a sense of inner calm and inner focus. It's irrational, of course, but it's true.
6. **Help others.** One of my aphorisms is: One of the best ways to make ourselves happier is to make other people happier—or safer, or calmer, or better prepared.
7. **Connect with friends and family, and reach out to people who might feel isolated.** This is a time when technology can really come to our aid! Call, text, do video calls, send funny videos of your dog...we all want to feel connected and cared for. Strong social relationships are a key to happiness, so find ways to help others—and yourself—avoid feeling trapped and lonely.
8. **Make good use of this opportunity.** Look for ways to use the time to get things done you otherwise wouldn't be able to do. Go through your closets, clear your clutter. Learn to juggle. Practice guitar. Find a YouTube work-out class and get in shape. Do yoga. Cook some new recipes. Get back into meditation. Write that novel you've been meaning to write. Update your resume. Organize your photos.
9. **Catch up on books, podcasts, movies, or TV shows.** Is there something ambitious you've been wanting to tackle? Or maybe I will finally do that item from my "19 for 2019" list. I have a giant backlog of books about the various senses, the brain, and other resources for my next book—now's my chance to catch up.
10. **Continue or create comforting rituals.** You may already have rituals that help you feel grounded throughout the day. Find ways to have pleasant patterns through your day that make you feel grounded and calm.
11. **Reach out with love.** The last item on my "20 for 2020" list is to "Reach out with love." What does it mean? It means many things...and it applies in this situation. The whole world is reeling under the weight of events. I hope that this experience, can be an event that reminds us all that we're united in our common human hope for good health and peaceful prosperity, not something that drives us apart. Let's keep our clean hands to ourselves, and our loving hearts open to others.

I keep thinking of one of my favourite aphorisms, from the Roman poet Ovid: **"Be patient and tough; one day this pain will be useful to you."** None of us want to experience this lesson, but we can learn from it, if we will.



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Protect yourself, your family  
and your community

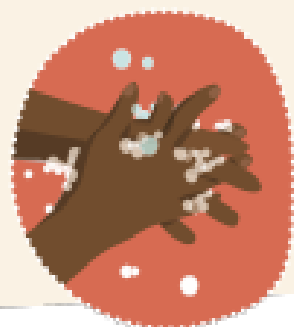
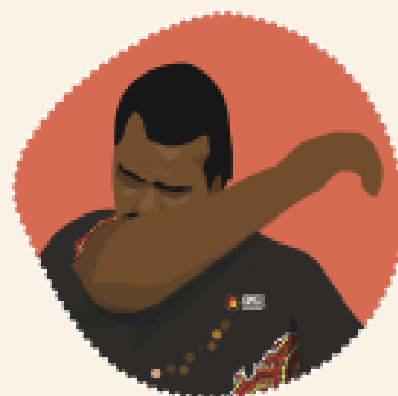
# COVER your cough and sneeze

**1** COVER mouth and nose with a  
tissue when you cough or sneeze.



**2** Put any used  
tissues in the BIN.

**3** No tissue? Cough or sneeze  
into your upper sleeve or  
elbow, **NOT YOUR HANDS.**



**4** Wash hands with soap and running  
water. Dry hands thoroughly with  
paper towel.



kams.org.au



# Miling Community News



## MILING COMMUNITY CHURCH

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

**ALL WELCOME !**

## FOOTBALL TIPPING COMPETITION

Miling Tennis Club Football Tipping Competition has been suspended. As there is a possibility that there will be a 10 week Home and Away competition commencing at a later date we will just put everything in a hold mode until we have a bit more information. If you have already paid your money and you would like a refund at this stage, please see Vikki Harrington.



## Quotes of the Week

- \* No person has ever gone blind from looking at the bright side of life. (*unknown*)
- \* Experience is a hard teacher because she gives the test first, the lesson afterwards.  
*Vernon Sanders Law*
- \* Do not follow where the path may lead – go instead where there is no path and leave a trail.  
(*source unknown*)
- \* Nature does not hurry, yet everything is accomplished.  
From "The Gift of Zen 2008 Calendar"
- \* You can always tell an old soul by how friendly they are to trees. (*source unknown*)

## Fight Poverty With Your Used Stamps

Since 2001, we have raised over \$260,000

Mary McKillop International (MMI) recycles used postage stamps to:

- ◆ Give disabled children an education in Papua New Guinea;
- ◆ Train poor women to learn life-skills in Peru;
- ◆ Bring vital health care to poor communities in Timor-Leste.



- ◇ Cut the stamp off, leaving a generous margin of envelope all around the stamp (please don't cut too close to the stamp).
- ◇ We also accept unusual envelopes and covers. In this case, DON'T cut the stamps off - just send the whole thing (please don't fold them).
- ◇ Especially welcome are stamp albums, First Day issues, stamp catalogues, etc.

POST TO: John Altham  
17 Boronia Street  
Kyle Bay NSW 2221

**THANK  
YOU**
















# Recycling at



Moora  
Community Resource Centre  
*your local connection*

 <p><b>BREAD TAGS</b> <i>for wheelchairs</i></p>	<p>Bread tags will be sent to Bread Tags Australia where they are recycled into wheelchairs.</p>
 	<p>Old/odd socks will be sent to Manrags where they make them into new socks. (Washed and Cleaned)</p>
 	<p>We are collecting Oral care items for Terracycle.</p> <ul style="list-style-type: none"> <li>• Toothbrushes</li> <li>• Floss containers</li> <li>• Tooth paste tubes and caps</li> <li>• Tooth brush heads.</li> </ul>
 	<p>Drop your old ball point pens and texta's to recycle through Terracycle.</p> <ul style="list-style-type: none"> <li>• Pens</li> <li>• Highlighters</li> <li>• Markers</li> <li>• Correction fluid containers.</li> </ul> <p>No Pencils or crayons.</p>
 	<p>Can ring tops are being used to make wheelchairs through Wheelchairs for kids and the Scarborough Rotary club.</p>

Please bring all clean items for recycling to the Moora CRC

65 Padbury St or Call us on 9653 1053.

# 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 Dental Van Screening Early Close 2.30pm	19  Bullying No Way	20
EIGHT	23	24  Board Meeting 3.30pm	25  Newsletter Indonesian Day Yr 3,4,5,6 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	