



Miling Primary School

'Together we learn and achieve'

AN INDEPENDENT PUBLIC SCHOOL

08 April, 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 10

It goes without saying that this pandemic is something that is so foreign to our way of life.

I thank you all for your patience and appreciation of the work we are doing as a staff to support you all at home whilst students are 'learning at home'. Your appreciation for the personal and professional challenges we are all facing in education is very much appreciated.

Theodore Roosevelt: "Nothing in the world is worth having or worth doing unless it means effort, pain, difficulty... I have never in my life envied a human being who led an easy life. I have envied a great many people who led difficult lives and led them well."

School Board Update

There will be further resignations from the board this year. Please think about the terrific contribution you can make to the sustainable future of 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 (I have received one further expression of interest, but we will need more before the end of the year).

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

Main Road

New pathways also installed to our front gate. This pathway provides another upgrade to our school and allows safe access.

Classroom News

Miss Huggins, Mrs Dennis and Ms Murray are preparing communication platforms for the students, which will support the delivery of a teaching and learning program at home. These platforms will also expand our delivery in the classrooms moving forward.

From the DoE information

The [Learning at Home](https://www.learningathome.wa.edu.au) website will continue to be available. This is a public site with resources, student wellbeing and support materials for parents.

COVID 19 Update

At this present time education will be open in Term 2. What that looks like at this stage is still uncertain. We have been working hard to provide the best possible learning for our students and in addition have developed digital platforms that support and assist 'learning at home.'

From the Director General's Letter dated 6th April, 2020 -

- ♦ Parents are encouraged to keep their children at home in Term 2.
- ♦ Those who need to send students to school to maintain employment, children of essential workers, and those who require school to support them overcome particular vulnerabilities, however, may choose to do so.
- ♦ To ensure that all students needs are met, staff will be at school.

All students will be taught, those attending school and those that are not. Student wellbeing remains a priority, notably the most vulnerable. **Please note these guidelines could change.**

School Access

The play areas in the school grounds have been taped off to ensure that these resources are not used during the school holidays.

Please refer to <https://www.health.gov.au/> for more information.

Stay safe everyone.

Regards

Ms Murray,

Principal

PRIDE - EFFORT
- PROGRESS

Respect

Cooperation

Kindness

Perseverance

Health and Well Being

Support for Children and Young People

Kidshelpline 1800 55 1800 Kidshelpline.com.au	Youth Beyond Blue 1300 22 636 youthbeyondblue.com
Headspace 1800 650 890 Headspace.org.au/eheadspace	Samaritans Youth Helpline (12-25yrs) 1800 198 313 e: support@thesamaritans.org.au

Support for Adults

1800 RESPECT	headtohealth.gov.au
Crisis Care 1800 199 008	Lifeline 13 1114 Text: 0477 131 114
Rural Link 1800 552 002	

Resources for Educators

This toolkit provides comprehensive information about the impact of traumatic events on all members of the school community and how schools can respond to support recovery.

<https://studentwellbeinghub.edu.au/educators/resources/school-recovery-toolkit/>

Adults, children and young people can be affected by a crisis in different ways. This Community Trauma Toolkit provides support strategies and resources to access during and after a traumatic event.

<https://studentwellbeinghub.edu.au/educators/resources/emerging-minds-trauma-toolkit/>



Brooke Peden
School Psychologist (Provisionally Registered)
School Psychology Service

Department of Education, Wheatbelt Education Region
w: education.wa.edu.au e: brooke.peden@education.wa.edu.au t: 0407 117 844

TOP PARENTING TIPS

FOR PARENTS AND CARERS IN UNCERTAIN TIMES

- 1 Reassure your children that your family is your top priority.**
Say something like “I’m your parent, it’s my job to keep you safe and we are doing everything we can.”
- 2 Maintain everyday family routines.**
Keep to usual rising times, mealtimes, and bedtimes. Every family is different. Involve children in working out any new routine (e.g., have a daily plan of activities for school-aged children who are at home).
- 3 Have plenty of interesting things to do at home.**
Busy children are less likely to be bored and misbehave. With your child, help create a list of 20 activities that will keep them busy (not just screen time).
- 4 Take notice of behaviour you like.**
Think about the values, skills and behaviours you wish to encourage in your children at this very difficult time. There are many opportunities to teach your children important life skills (e.g., being caring, helpful, cooperative, getting on well with siblings, taking turns). Use plenty of praise and positive attention to encourage behaviour you like. Give them positive attention letting them know you are pleased by telling them what they have just done (“That’s a lovely card you have written to your grandmother. That’s so kind. She will really appreciate that.”)
- 5 Make sure your child knows you are ready to talk.**
Children need to be able to talk to parents about their concerns and have their questions answered. When a child wants to talk about their feelings, stop what you are doing and listen carefully. Avoid telling your child how they should feel (“That’s silly. You shouldn’t be scared about that.”) Let children know it is OK to be worried. Talking or drawing can help children get in touch with their feelings and figure out what they are anxious about.

TOP PARENTING TIPS

FOR PARENTS AND CARERS IN UNCERTAIN TIMES

- 6 Be truthful in answering children’s questions.**
Find out what they know about the issue before answering. Keep answers simple. Get information from trusted sources (e.g., official government websites) rather than social media.
- 7 Have a family plan of action.**
Involve children in preparing the plan. As situations can change quickly (e.g., new travel restrictions, school closures), update the plan as needed.
- 8 Help children learn to tolerate more uncertainty.**
The COVID-19 crisis creates uncertainty for everyone. Parents need to find a way to accept uncertainty and, through your actions and words show this acceptance to your children. It’s OK to say, “I don’t know, let’s find out what we can.” Big changes to children’s lives can be hard and are often scary. They can also create opportunities for learning new skills.
- 9 Take care of yourself the best you can.**
Deal with your own distress by taking actions that give you a better sense of personal control. Stress management skills such as mindfulness and/or deep breathing can help reduce stress. Keep healthy and safe (good personal hygiene, exercise daily, eat well, get enough sleep, avoid using alcohol or drugs to lessen stress). Avoid behaviour that might increase your stress. For example, while it is helpful to keep informed about COVID-19, constant checking on your screens can increase stress.
- 10 Reach out and connect with loved ones.**
Make greater use of phones, online communication tools (video conferencing) and social media to keep in touch with family, friends, and neighbours. Help others in need who are going through a tough time and are more vulnerable (e.g., parents/ caregivers with disabilities, older people).

Protect yourself, your family
and your community

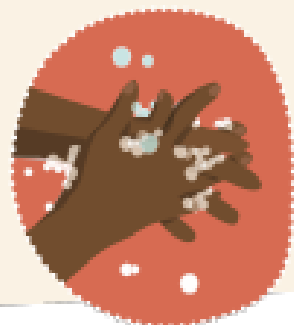
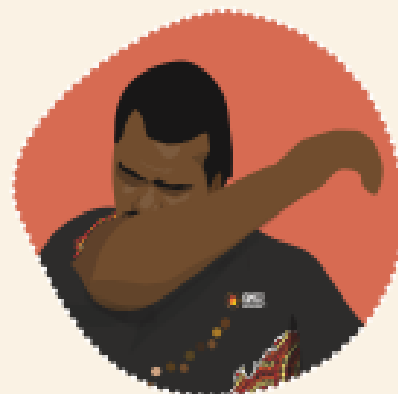
COVER your cough and sneeze

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 Tennis Club



2019/20 Season

Message from our President: Thank you to all the volunteers, players and spectators who help make our season a success. Thank you to my committee, Shilo & Karen. Clare for taking on the Championships task. Netty for doing a great job as Captain. Jen for catering and to everyone who did their cooking and cleaning duties. I look forward to seeing you all again next season. Mark McCuish

Message from our Patron: Well done to all members on the "near" completion of the 2019/20 season. So near and yet so far! What a testament to the Committee and the community that the Miling Tennis Club has completed another successful year with good attendance over the season.

Sincere thanks to the Committee who put in so many hours to keep the club running successfully. Congratulations to all trophy winners for the 2019/20 season on your success.

As we head into the off-season I would like to wish you all good health for the coming months. Take care of yourselves and your families, and with good luck we will back at the end of the year to commence another season. Colin Jones.

Congratulations to the following winners for our 19/20 Season

Ladies Doubles Champions - Shilo Bailey & Janette Pratt. Kindly Donated by Phil & Sheryle Moore
Ladies Doubles Runner up - Riana Georgy & Karen Ellis. Kindly donated by Quinten & Valma Bricknell

Mens Doubles Champions - Russell Dennis & Rob Elliott. Kindly donated by McNamara Logistics

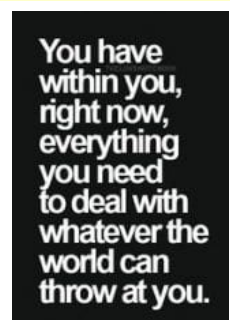
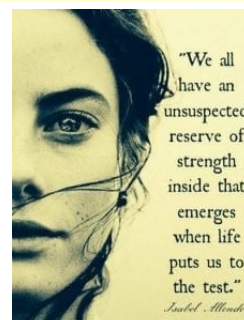
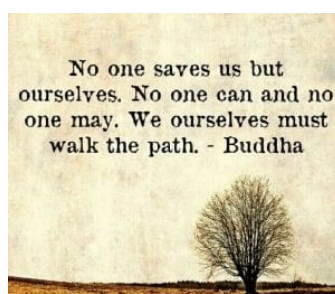
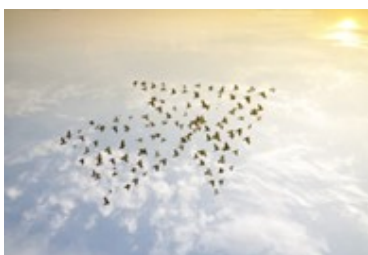
Mixed Champions - Richard Topham & Karen Ellis. Kindly donated by Vikki Harrington
Mixed Runner ups - Russell Dennis & Vikki Harrington. Kindly donated by Neil & Kylie Mackintosh

Mens Most Consistent for 19/20 Season - Mark McCuish. Kindly donated by Colin & Vik Jones
Ladies Most Consistent for 19/20 Season - Karen Ellis. Kindly donated by Colin & Vik Jones

On behalf of all our winners, thank you to our sponsors. We really appreciate your continued support.

Until next season, stay safe and healthy

Miling Tennis Club Committee













Recycling at



Moora
Community Resource Centre
your local connection

 <p>BREAD TAGS <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"> • Toothbrushes • Floss containers • Tooth paste tubes and caps • Tooth brush heads.
 	<p>Drop your old ball point pens and texta's to recycle through Terracycle.</p> <ul style="list-style-type: none"> • Pens • Highlighters • Markers • Correction fluid containers. <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 2 - 2020

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
ONE	April 27 ANZAC DAY HOLIDAY	28	29 Early Close 2.30pm	30	May 1
TWO	4	5	6 Newsletter Early Close 2.30pm	7	8
THREE	11	12	13 Early Close 2.30pm	14	15
FOUR	18	19	20 Newsletter Early Close 2.30pm	21	22
FIVE	25	26	27 Early Close 2.30pm	28	29 Student Development Day
SIX	June 1 WA DAY HOLIDAY	2	3 Newsletter Early Close 2.30pm	4	5
SEVEN	8	9	10	11	12
EIGHT	15	16	17 Newsletter Early Close 2.30pm	18	19
NINE	22	23	24 Early Close 2.30pm	25	26
TEN	29	30	1 Newsletter Early Close 2.30pm	2	3



Our apologies for the lack of information on our Term Planner. However, at this stage we just don't know which events will, or won't, be taking place.