



Miling Primary School

'Together we learn and achieve'

AN INDEPENDENT PUBLIC SCHOOL

22 October, 2020

Message From The Principal

If you are reading this right now,
I hope something really great
happens to you today.



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

Welcome back to everyone! I hope you all had a lovely restful break ready for a busy term both at school, home and work.

I have been told many stories and recounts of student adventures throughout the holidays and they were all very happy and excited to be back starting school last Tuesday.

Cricket Cup

Year 3/6 students will be attending the Cricket Cup on Friday 23rd October at the Miling Oval beginning approximately 9.30am.

Book Week

The students and staff all dressed up as a 'Curious Creature, for book week today! There was some very interesting costumes and characters who came to school! Even the staff turned into 'Curious Creatures' for the day!

End of Year Assembly

Our end of year assembly will be held on 5th November on the basketball court at the school. The final P & C assembly will be held on 17th December.

Reporting to Parents

As this is a reporting term for our students please make an appointment with the classroom teachers if you have any concerns regarding your child's progress and achievement throughout the year.

COVID 19 Update

As we are still in Phase 4 which requires social distancing 2m squared and parents are permitted on site but not in classrooms we will be continuing these guidelines. If you have an

arranged meeting at the school this will be facilitated by the staff member concerned. My understanding is there will be a review of this phase in the coming week or so. Cleaning standards are being maintained as per Term 2 and 3, this will remain in place for the remainder of Term 4.

PEAC Testing

PEAC testing has been completed and posted away for marking. Because of COVID 19 this process had been delayed for a very long time and then completion in a very short timeline was required. But it has been completed and we will await the results.

Containers for Change

Thank you to Peta Thorniley for taking on this role for our community. I am sure that it will demonstrate a great opportunity for fund raising and also discussions around recycling for the future. We are the first school in the region to take up this initiative and the students have been photographed taking home their individual Containers for Change for their homes.

Talent Recognition

Summer Lewis has qualified for a Gifted and Talented Secondary Program at John Curtin College of the Arts Selective Music Theatre Program for 2021. CONGRATULATIONS Summer on this marvellous achievement and we look forward to seeing your name in lights in the future.



Regards
Ms Murray,
Principal

PRIDE
EFFORT
PROGRESS

Respect Cooperation Kindness Perseverance



Izzy's Road Safety

TIPS FOR KIDS

Share these tips with your kids to teach them how to be safer on the road and around traffic.

1 WEAR A HELMET

Protect your head and wear your helmet when you ride your bike, scooter, skateboard, roller blades, rip sticks & hover boards. A loose helmet is just a hat! Ask an adult to check your helmet.

2 RIDE ON A FOOTPATH
Ride on the footpath away from traffic and ask an adult to be with you. It is the law to get off your bike when crossing at traffic lights or cross walks and it's a lot safer too!

3 BUCKLE UP

Always buckle up! Buckle up every trip every time.

4 EXIT SAFELY

Get in and out of the car using the safety door. This is the door closest to the kerb.

5 PEDESTRIAN SAFETY

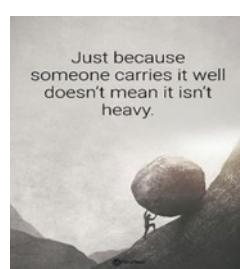
Before you cross the road STOP, LOOK, LISTEN, THINK, and hold an adult's hand.

SDERA

SmartSteps

Ms Murray's Quotes Of The Week ...

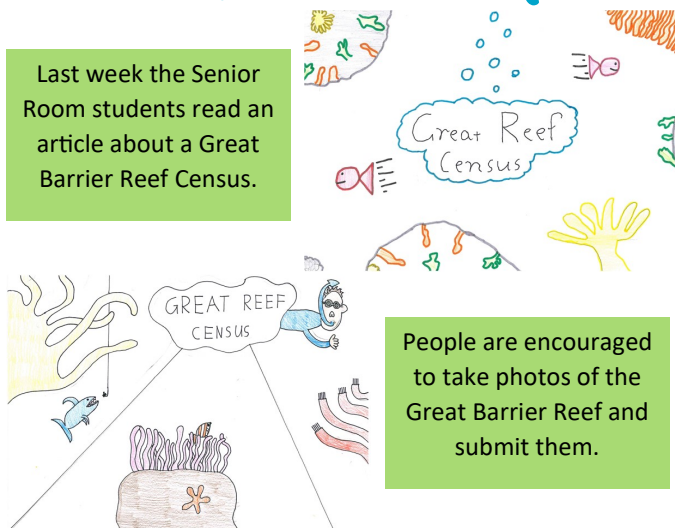
Imagine
with all
your mind.
Believe
with all
your heart.
Achieve
with all
your might.



Classroom Learning Focus

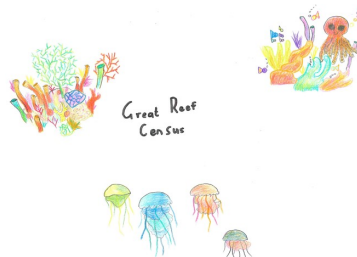
Senior Room

Last week the Senior Room students read an article about a Great Barrier Reef Census.



People are encouraged to take photos of the Great Barrier Reef and submit them.

Accurate data can then be recorded on damage to the coral of the reef.



The students then drew pictures on what they think the coral of the Great Barrier Reef looks like.

Junior Room

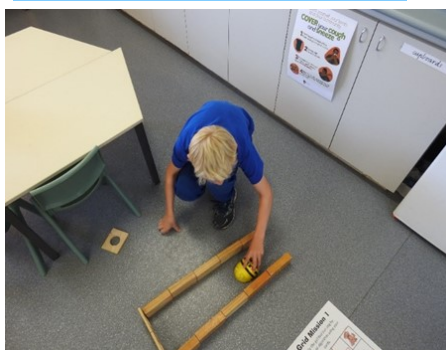
This week we were very excited to welcome our newest 'Miling Mates' into the Junior Room.



We had an awesome time and cannot wait for our next session together.

Ms Murray

The Junior Room students learning about algorithms and how to use them to program BeeBots to negotiate a built road and obstacles to reach the end. They were discovering angles, directions and how to collaborate about achieving an outcome.



Book Week 2020



Health and Well Being



Could a ‘prescription’ of nature benefit children’s mental health?

Some health care providers have started recommending dosages of nature exposure to clients, much the same way they might prescribe pharmaceuticals (e.g. Coffey & Gauderer, 2016). But can more time spent in nature benefit children’s mental health?

Several reviews (e.g. Bedard, Rosen, & Vacha-Haase, 2003) have found ‘active’ exposure to nature (e.g. gardening, adventure and wilderness therapy) can have a positive impact on mental, emotional and social health. Increasing children’s ‘passive’ exposure to nature (e.g. going for a walk, sitting in a park, having a picnic) can also have immediate emotional, behavioural and cognitive benefits (e.g. McCormick, 2017). Reviews of research literature have suggested that use of, and nearness to, green space by children is linked to:

- increased emotional wellbeing,
- decreased stress,
- reduced depressive symptoms,
- lower behavioural problems; and
- enhanced attention (e.g. McCormick, 2017; Norwood, 2019).

Key findings

Overall, the review showed that nature appears to have a positive impact on children and young people. Key findings were:

- Greening the spaces surrounding homes and schools, and repeated immersion in nature, may result in reduced levels of **inattentiveness**
- Greening the spaces surrounding homes and schools, as well as a student’s school commute, may have long-term effects on **working memory**
- Spending time in a forest-based classroom rather than a standard indoor classroom may improve the mood of students
- Repeated immersion in nature may also have **positive behavioural outcomes**.

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



CONTAINERS FOR CHANGE

MILING COLLECTION POINTS

Get 10c for every eligible bottle or can

It's a great way to raise money for a sporting club,
associations or to earn some pocket money!

2 Collection Points are set up in Miling

- Miling Recreation Centre
- Miling Travelstop

They will be collected by the Moora tip on Saturdays as required.

There are 2 Ways to Participate

1. Deposit your eligible containers into a bag with your scheme ID written on it (go to www.containersforchange.com.au to register) or:
2. Deposit your eligible containers into the collection point and all proceeds will go to the Miling Progress Association to raise money for the community park.
(Scheme ID: C10316789)

Bottle tops should be removed and
left in a separate bag for recycling

Check containers for the 10c
refund message on the bottle.

✓ ELIGIBLE CONTAINERS



Most glass, plastic, aluminium, steel and
paper-based cartons between 150mL and 3L.



In WA, we use more than 1.3 billion eligible drink containers
each year and it accounts for 44% of litter.

Miling Community News

MILING COMMUNITY CHURCH



Services Held:-
2nd Sunday @ 9.30am & 4th Sunday @ 8am

Followed By Morning Tea!

Miling Primary School

CASH PRIZE
RAFFLE

P&C

Raffle drawn
11th Dec

\$50 per TICKET

(only 200 tickets available)

1ST PRIZE \$3,500

2ND PRIZE \$1000

3RD PRIZE \$500

On sale 26th Oct

Tickets available from families or at the school



FOR SALE

- ♦ Red Back Elastic Side Work Boots
- ♦ Size 9
- ♦ Brand New, Never Been Worn
- ♦ \$100
- ♦ Opel Mobile Flip Top Phone
- ♦ \$100



Enquiries

Foxy White

0477 515 615

Miling Hockey Club

2020 HOCKEY SEASON WRAP UP

The C Grade enjoyed a great afternoon of games and afternoon tea on the last Thursday of term 3. Many thanks to Jill for all her work creating a fun filled afternoon!



C Grade Presentations

Fairest & Best	Jade Taylor
donated by Ben Ralph	
R/Up Fairest & Best	Leah Taylor
donated by B & M Georgy	
Most Improved	Chloe Latham
donated by Susan Dennis	
Coaches Award	Leah Taylor
donated by Jill Taylor	

The A Grade team celebrated their year with a delicious dinner at the Miling Hotel. Thank you to Tess and team for a great night and for their continued support through the year.

The highlight of the night was life membership being presented to Clare Douglas. A complete super star of our club and we are extremely proud of her!



A Grade Presentations

Fairest & Best	Tash Mills	donated by Sheryle Moore
R/Up Fairest & Best	Clare Douglas	donated by M & J King
Most Consistent	Debesha Smith	donated by Alison White
Players' Choice	Debesha Smith	donated by N & M McCuish
Best in Finals	Clare Douglas	donated by B & M Georgy
Highest Goal Scorer	Debesha Smith	
Coaches Award	Debesha Smith	donated by Gary Bailey
Best Club Person	Tessa Tyson	donated by A & M Barnard

Thank you to all our trophy sponsors and to the weekly award sponsors which for 2020 were MD Maintenance & Glass and Miling Hotel.

Thank you to everyone who played, umpired, coached, spectated, and volunteered to help out in any way. We are very lucky to have such a great club and let's look forward to another successful year in 2021!

Miling Tennis Club



Kids tennis lessons are starting on Monday 26th October and running for 6 weeks with the last lesson on November 30.

Kindy - Yr 2 at 3.15pm

Yr 3 - 6 at 4pm

Cost is \$30 per child (\$5 per lesson) payable to the Miling Tennis Club. BSB 036 106 Acct 620 317

Please don't forget a hat and sunscreen!

Any queries let Karen or Shilo know ☺

We look forward to seeing you on the court on Monday!

Mixed Doubles Championships Sunday 25th October

Dinner – BYO Meat & Salad to share

Miling Primary School students are invited to...

Watheroo's Halloween Disco

Come along to Watheroo's Halloween Disco!
Dress up as if you were trick or treating.

There will be 5 games hosted by the leaders of the Watheroo Primary School, all of the games have a prize for the winners. There will also be a DJ playing music when we're not playing games, a prize will also be given to the best dancer.

Sausage Sizzle— \$2 for a sausage in bread and a juice box.

Prizes!

Games!

Halloween snacks to buy.

Date: Friday October 30
Time: 5:30pm to 7:30pm
Venue: Watheroo Hall
Entry: \$2





Department of
Education

VacSwim Swimming Lessons

Enrolments are now open for VacSwim swimming lessons during the summer school holidays.

VacSwim in January offers fun lessons at beach or pool locations during the long break. Not only are they a great school holiday activity, they teach valuable safety skills to help keep your child safe in the water.

Your children can start as young as five years old.

Don't wait! Enrol your children in VacSwim now at education.wa.edu.au/vacswim



VACSWIM 2021

**Take the
plunge!**

**Help keep your
child safe in the water
this summer.**

Enrol now for January holiday swimming lessons.

Perfect for beginner, intermediate and advanced swimmers.

Program	Dates	Price	Enrolments close
Country Early Start	18-24 Dec 2020	Child \$30* Family \$81*	1 November
January Program 1	29 Dec-8 Jan		8 November
January Program 2	11-22 Jan		15 November
January 5 day	4-8 Jan	Child \$16* Family \$41*	8 November

*Concessions available. Does not include pool entry.



Get in quick, as late enrolments can't be guaranteed.

Enrol at education.wa.edu.au/vacswim

Information on the website is available in languages other than English.



Phone and Video Counselling for Regional Western Australians

FREE

**No referral
required**

Lifeline WA and CBH are committed to supporting Western Australia's grain-growing regions in times of crisis. As part of the CBH Regional Mental Health Program, Lifeline WA would like to extend our free phone and video counselling services to these regions. Lifeline WA provides counselling to families and individuals, before, during and after times of loss and grief.

We welcome and encourage people from all backgrounds to access our counselling service and we actively work to be inclusive and provide a safe space to everyone.

The free service can be accessed across Western Australia via telephone or video call.

Book your free counselling appointment today.

To book an appointment, call (08) 9261 4444 or email reception@lifelinewa.org.au



13 11 14

24 hours a day / 7 days a week



Chat Online

7pm to 12am (AEST) / 7 days a week

TERM PLANNER - TERM 4 - 2020

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
ONE	OCT 12 SCHOOL DEVELOPMENT DAY	13 Students return to school	14 Early Close 2.30pm	15	16 Mike Hind Cricket Clinic
TWO	19 Miling Mates	20 School Board	21 Early Close 2.30pm	22 BOOKWEEK DRESS UP DAY Newsletter	23 Cricket Cup Yr 3-6
THREE	26	27	28 Early Close 2.30pm	29	30
FOUR	Nov 2 Miling Mates	3	4 Early Close 2.30pm	5 Whole School Assembly Newsletter	6
FIVE	9	10	11 Student Leader Speeches Early Close 2.30pm	12	13
SIX	16 Miling Mates	17	18 Newsletter Early Close 2.30pm	19	20
SEVEN	23 BOOK	24 FAIR	25 Early Close 2.30pm	26	27
EIGHT	30 Miling Mates	Dec 1 Year 3 Transition	2 Newsletter Early Close 2.30pm	3	4
NINE	7	8	9 Early Close 2.30pm	10	11 End of Year Concert & Graduation
TEN	14 Miling Mates	15	16 Newsletter Early Close 2.30pm	17 STUDENTS FINAL SCHOOL DAY FOR 2020 P&C Assembly	