



# Mount Tarcoola Primary School



School Motto  
"Reliability"

## Newsletter

Term 3 Week 2 2018 No: 10

### CONTACT DETAILS

**Principal:**

Paul Luxton

**Deputy Principals:**

Shane Rutter

Marlene Bevan

**Manager Corporate Services:**

Sharon Browning

**Telephone:**

School: 08 9968 1100

Kindy/Pre-primary: 08 9968 1100

Canteen: 08 9964 3162

**Email:**

[MountTarcoola.PS@education.wa.edu.au](mailto:MountTarcoola.PS@education.wa.edu.au)

**Website:** <http://mttarcoola.wa.edu.au/>

### UPCOMING EVENTS

**Tuesday 17th to Thursday 26th July**

Library Book Fair

**Tuesday 31st July**

MTPS Spelling Bee Yrs 3—6

**Thursday 2nd August**

Issue 5 Bookclub orders due

**Friday 3rd August**

Parent Assembly Rooms 9 & 10

Yr 6 Cake Stall

Midwest Regional Spelling Bee Yrs 3—6

Unit 1B and Pp Excursion—QPT

**Tuesday 7th August**

Parent Newsletter

**Friday 17th August**

MTPS Cross Country

**Monday 20th August**

MTPS Athletics Championship events

**Tuesday 22nd August**

Parent Newsletter

**Wednesday 22nd August**

Bookweek Parade 9:00am

**Friday 24th August**

School Athletics Carnival

### SCHOOL WATCH ALERT

Our school is being subjected to increasing vandalism after school and on weekends. Please report any after hours visitors to the police on **9923 4555** or School Watch on **131 444**. Please keep children out of the school grounds after hours.

### FROM THE PRINCIPAL:

#### Welcome

Welcome back to all our students and families after the term 2 break. I hope everyone had a relaxing time; we certainly had some great weather and from talking to the children and staff lots of us were able to take advantage of it. We have welcomed several new families into the Mount Tarcoola School community for this semester. A warm welcome to the Aitken, Hughes/Thompson, Munro, Ryder, Scheibel, Spry and Thompson families. I am sure that they will fit into their new classes, make new friends quickly and enjoy their time at Mount Tarcoola.

#### Teaching Staff Changes

Over the holiday break we have had to make several changes to class teaching placements. Most of these have been unavoidable and due to either staff taking leave or moving schools.

Mrs Kristy Blanke (Year 4 Room 8) has won a merit selection process that was completed in the holiday and moved to Chapman Valley Primary School. Mrs Blanke will be missed by everyone. We are excited to announce that her replacement will be Mrs Hayley Walsh. Mrs Walsh is familiar with the school having already undertaken some relief teaching in that class. Mrs Walsh will be teaching 5 days a week in Room 8.

Mrs Kathy Taylor is taking Long Service Leave for semester two and the Year 3, Room 2 class will be taught by Mrs Jude Tupman who is returning from leave. Mrs Tupman will teach Tuesday to Friday with Mrs Stacey Woodman teaching on a Monday.

Mrs Karen Batty has taken up a Mental Health and Teacher Support role in the school and will be teaching in Room 3 (Year 3/4) Monday to Thursday with Mrs Lesley Cohen teaching on a Friday. All other teaching appointments remain the same as for Semester 1.

#### Car Parking

During last term I received some feedback from concerned parents about the way in which our carparks are being used, both before and after school. I have then observed the way in which the carparks are utilised. Of particular concern are the Northern carparks that go along Acacia St. One measure that we can put in place immediately to address safety concerns is to request that in all carparks on the school grounds people reverse park. New signage will be erected in these carparks and the change to reverse parking only will take place effective immediately. Also the Kiss and Drop Zone will now be in place for both the morning and afternoon. As of this week there will be no parking at all in the Kiss and Drive Zone and all car parks on the school site will be reverse parking only. Parents picking children up in the Kiss and Drop Zone in the afternoon must remain in their car.

#### Kindergarten 2019

The enrolment period for the 2019 Mount Tarcoola Kindergarten program officially closed on Friday the 20th of July. However as we still have places available we will accept late enrolments. Enrolment forms are available from the front office.

#### Family Holidays

There has been a recent media spotlight on parents taking children out of school during the term to go on a family vacation. A large percentage of families who do this are from a higher social economic demographic - of which our school fits into. All the information that was provided by the Education Department in these discussions made it very clear that under the Education Act parents who do this are actually breaking the law.

*Continued next page*

### Nationally Consistent Collection of Disability Data

All schools in Australia, including Independent and Catholic schools, will participate in the Nationally Consistent Collection of Data on School Students with Disability every year.

The data collection is an annual count of the number of students with disability receiving educational adjustments to support their participation in education on the same basis as students without disability.

All education agencies are now required under the Australian Education Regulation 2013, to provide information on a student's level of education, disability and level of adjustment to the Australian Government Department of Education. Data will continue to be de-identified prior to its transfer and no student's identity will be provided to the Australian Government of Education.

The collection of this information from states and territories will inform future policy and program planning in relation to students with disability.

If you have any questions, please do not hesitate to contact myself, deputy principal Mrs Marlene Bevan (who is coordinating the collection of data at our school) or the Western Australian Department of Education NCCD helpline on 0477 741 598. You can learn more about the Nationally Consistent Collection of Data for School Students with Disability by visiting this website: <https://docs.education.gov.au/system/files/doc/other/2017 - nccd - public information notice.pdf>

Principal  
Paul Luxton

### REMINDERS

- **Uniform Shop** is open every Friday during school terms from 8.30am - 9.00am in the Art room.  
Any other times see Jodie in the canteen daily until 1:00pm.
- Hats, satchels and a small amount of stationary are available from the canteen daily.
- **Bookclub** — Issue 5 orders due Thursday 2nd August—no late orders can be taken. Please place correct money with orders as change is not available.
- **School Banking** - will be on WEDNESDAYS, outside Jnr block on a fortnightly basis. Weeks 3, 5, 7 & 9.

### ENROLMENTS FOR 2019

#### KINDY to YEAR 6 ENROLMENT APPLICATIONS — NEW TO SCHOOL ONLY 2019

Applications for enrolment for children **NEW** to Mt Tarcoola PS entering Kindergarten to Year 6 in the 2019 school year are still be accepted. Application Forms are available from the school office.



All applications must be completed, signed and submitted with copies of child's Birth Certificate, ACIR Immunisation Record and Proof of Residential Address (Rental Agreement, recent utility/rates bill etc). If you are on a Visa, a copy of visa documentation and passport is required at time of application.

*Students **currently** attending our Kindergarten Program are not required to re-apply for Pre-primary unless they are **living outside** our local intake area.*

### MTPS SPELLING BEE YEARS 3 to 6 — CHANGE OF DATE

The School Spelling Bee date has changed from Tuesday 24th July to Tuesday 31st July. The spelling Bee will be held in the School Library. The winning competitors from each year level will participate in the Midwest Regional Spelling Bee on Friday 3rd August.

### LIBRARY NEWS

Exciting times ahead! The Scholastic Book Fair has come to Mount Tarcoola, commenced WEEK 1 TERM 3, 17th July to 26th July.

### LOOK WHAT'S HAPPENING!!!!

#### P&C LAPATHON - Friday 10th August. Week 4

Students will receive their sponsorship forms for the Lapathon this Friday 27th July.

The Lapathon will commence at 1.30pm on the oval and conclude at 2.50pm. All students are asked to try and get sponsors before the day.

Parents are welcome to come and run or walk laps with their children. Please support the P&C who support your School.

#### BOOKWEEK PARADE

This Years Bookweek Parade will be held in the undercover area on Wednesday 22nd August commencing at 9.00am. The theme for this year's Bookweek parade is " Find Your Treasure "

Parents are invited to watch the Parade and stay for a cuppa and cake.

### CONGRATULATIONS

to the following students who were awarded  
Certificates of Merit at the Parent Assembly on  
Thursday 28th June, 2018.

Room 1	Sasha Robinson, Faith De Guzman, Barry Smith
Room 2	Madison Lemin, Rory Holland, Charlie Archer
Room 3	Jaiden Berry, Monica Wilson, Matt Mongoo, Dianna Vlavianos
Room 6	Sarah Moneer, Telica Barnes, Ace Koltasz
Room 8	Kiara Wallingford, Willow Pusey, Seth Gregson, Omar Elshekheiby
Room 9	Joey Garcia, Isaac Gamble, Anthony Gesa, Aviendha Thompson
Room 10	Khaled Mohammad, Madeline Stewart, Ava Nomlie
Room 11	Jay Furukawa, Jessie Cooper, Macklan Berry, Jasmin Cole
Room 12	Tayla-Lee Cranston, Isaac Freebairn, Azhari Mirzwan
Room 13	Jack Etherton, Lincoln Valli, Cooper Brydon, Ruby Lin, Chloe Cukela
Room 14	Violet Clarke, Reuben Middler, Jehya Poland
Room 15	Chelsea Bradley, Colin Carston, Maria Garcia
Room 16	Kaylee Johnson, Chloe Cunningham-Duncan, Shelby Merendino
Room 17	Raymon Bonnie, Blaze Fabello, Chelsea Shanahan
ICT	Harlem Rose-Teubert

### Aussie of the Month

<b>Junior Student</b> Decky Hermawan	Decky is a friendly class member who enjoys all aspects of school. He shows courtesy, consideration and tolerance towards others. Decky always puts in his best effort to complete tasks, showing a great Aussie Spirit.
<b>Intermediate Student</b> Paige Conder	Paige is always ready to help other children and adults. She is a wonderful peer tutor who coaches her classmates kindly and with positive encouragement. Super effort Paige.
<b>Senior Student</b> Riaz Mohammad	Awesome student who shows initiative and kindness when supporting his peers. Can be 100% relied upon to display the 4 Bees every day.

### Principal's Reliability Award

<b>Junior Student</b> Liyana Manok	Liyana can always be relied on to follow instructions and complete all tasks to a very high standard, both in and out of the classroom. It is wonderful to have such a reliable student at Mount Tarcoola.
<b>Intermediate Student</b> Tahlia Johnson	Tahlia is a wonderful example of Mount Tarcoola's 4 Bees. She consistently works to the very best of her ability in all learning activities and is an excellent role model to her peers. Fantastic effort!
<b>Senior Student</b> Chloe Cukela	Chloe continually acts responsibly. Her caring nature shines and she is always helping others either academically or in a friendship manner.

### CHAPLAIN'S CHAT

#### Why positive family relationships are important.

They:

- are enjoyable for their own sake - it just feels good to be part of a warm and loving family
- make children feel secure and loved, which helps their brains develop
- can help to overcome difficulties with children's eating, sleeping, learning and behaviour
- make it easier for your family to solve problems and resolve conflict
- help you and your children respect differences of opinion as your children develop more independence
- give children the skills they need to build healthy relationships of their own.



This is why it's always worth looking at the relationships you share with your children and other family members, and thinking about how you can improve them. Source: Raising Children Network

### CANTEEN NEWS



On Saturday 28th July the canteen is having a Sausage Sizzle at Bunnings as a fundraiser. If you are able to come and help for an hour or so it would be greatly appreciated. Any donations of bread and sausages would also be appreciated. Please see Jodie in the canteen if you are able to assist or give her a call on 9964 3162 between 9am and 1pm by this Friday.



## 7 PHRASES TO AVOID WHEN KIDS ARE ANXIOUS - MICHAEL GROSE



Talking with kids when they are anxious can be hard work for parents and teachers. Sometimes just one word out of place or spoken with the wrong tone of voice can get a child's back up, upset them or make them uncooperative.

Here are some common errors and what to say instead:

### 1. "Build a bridge and get over it!"

The "Come on. Get on with it" approach works with some kids some of the time. We often say this in exasperation, however if a child is genuinely anxious about a coming event or going into a new situation, or is worried about a looming change, then they

need someone to understand their worries and fears. "Ahh! I can see you are worried about this" is a far more effective response.

### 2. "This is not worth worrying about. Stop being so silly!"

Similarly, not taking a child's fears seriously or, even worse, making light of them, just doesn't help. Kids need to know somebody understands how they feel.

### 3. "It'll be right in the morning."

The 'get a good night's sleep' approach has some merit, particularly when a child is catastrophising or continually revisiting the same worries. Sometimes a child's worries do seem better after a goodnight's sleep. However, to children who genuinely experience anxiety a new day simply offers a new opportunity for feeling overwhelmed by worry and anxiousness. The source of the anxiety needs to be recognised and strategies created for management.

### 4. "Calm down will you!"

Anxiety can often show itself through high emotion and distress. The natural reaction of many well-meaning adults is to quietly ask an emotional child to calm down. However, a distraught child is likely to misinterpret your calmness for not caring. Often adult calmness in the face of a child's upset just leads to more emotional outburst. Better to match your level of intensity with your child's level of emotion and talk them down. Saying, "Yep, I can see you're upset. That's understandable." at the same intensity and volume that your child uses is likely to be far more effective in bringing down his or her emotions.

### 5. "OMG! That is horrible!"

It's easy for a parent or teacher to take on a child's anxieties and worries as their own. You can become just as emotional as the child, particularly if an injustice has occurred. Better to take a breath, stand back and be as objective as possible rather than be drawn into the vortex of a child or young person's worries.

### 6. "You should be worried about that!"

Sometimes we can feed children's anxieties and worries or even create worries that aren't there. Be careful not to foist your own anxieties and fears on children and young people.

*"Support starts by recognising anxiety in children and knowing how to respond appropriately so they know that you are taking them seriously."*

### 7. "Stop being so naughty. Behave yourself."

Many children will act out when they are anxious and nervous so it's quite natural to focus on their poor behaviour without thinking about the reasons behind that behaviour. When you know the triggers for your child's anxiety then you are better placed to recognise anxiousness and respond appropriately.

Parents and teachers are in the best positions to support children and young people when they are anxious. Support starts by recognising anxiety in children and knowing how to respond appropriately so they know that you are taking them seriously and that you can support them both emotionally and practically to achieve what's important to them.

Research suggests that when anxiety and stress goes unchecked in childhood it will reoccur in adulthood. We've created a practical online course - Parenting anxious kids (<https://www.parentingideas.com.au/product/parenting-anxious-kids-online-course/>) - to give parents the tools and skills to pass onto children to self-regulate their anxious states.

## COMMUNITY NEWS

### VACSWIM 2018

With swimming pools and beaches a big part of the Western Australian lifestyle, ensuring your children can swim competently and safely is essential.

You can now enrol your children in VacSwim swimming lessons during the October and December/January school holidays.

VacSwim is for all children - from beginners to more advanced swimmers and young people doing their Bronze Medallion. Your children can start as young as five years old.

Your children can join in the fun of learning to swim at pools and open water venues across the State.

Enrol your children in VacSwim now at [education.wa.edu.au/swimming](http://education.wa.edu.au/swimming)

# Before School tennis

## Have FUN & warm up before school

**A great introduction into tennis, Years 2-6.**

- Fun games, prizes, certificates and modified match play
- 8 week program • FREE ANZ Tennis Hot Shots T-shirt upon registration

### MT TARCOOLA PRIMARY SCHOOL

- Commencing - Thursday 26 July
- 7:45 am – 8:30 am
- \$122.00 – 8 weeks or Pay Per Lesson
- Mt Tarcoola Primary School
- Online Registration at [www.bataviatennis.com.au](http://www.bataviatennis.com.au)



[www.bataviatennis.com.au](http://www.bataviatennis.com.au)

COLIN THOMPSON - Sun Smart Tennis  
Development Officer, Midwest Zone

Office: (08) 9956 2182 Mobile: 0427 449 240  
Dept Sport & Recreation, Level 1, 268-270 Foreshore Drive  
PO Box 135 Geraldton 6531 WA  
Email: [colin.thompson@sportshouse.net.au](mailto:colin.thompson@sportshouse.net.au)

## — Your Health Link — National Photographic Competition HEALTHY LIFE HEALTHY YOU

Competition  
opens  
**19 August  
2018**

### SAVE THE DATE

The Mid North Coast Local Health District will open its 2018 Your Health Link National Photographic Competition on World Photography Day 19 August, 2018.

Primary and high school students are encouraged to get ready to grab their mobile phones, tablet or trusty camera and capture images that promote 'Healthy Life - Healthy You' for a chance to win a range of great prizes.

Schools are also the big winners with prizes supporting healthy school canteen programs.

For further information contact:  
Carolyn Guichard  
National Exhibition Organiser  
[CarolynM.Guichard@ncahs.health.nsw.gov.au](mailto:CarolynM.Guichard@ncahs.health.nsw.gov.au)



[www.yourhealthlinkphotocomp.com.au](http://www.yourhealthlinkphotocomp.com.au)



Health  
Mid North Coast  
Local Health District

## GERALDTON GOLF CLUB



### PRESENTS

## 9 SESSION JUNIOR PROGRAM TERM 3



**JUST  
\$88**

Have fun with your friends and  
make some new ones

Learn golf skills with the help  
Of a PGA Golf Pro

Learn through games that are fun.  
Team based and inclusive

9 weeks with final session being an  
exciting 3 holes on the course, family  
members encouraged to join final session

Use of club facilities & clubs provided

### Program's Available

Programs Commence from 24th July 2018

Tuesday 3.45 - 4.30pm Ages 5 - 14

Sunday 11.00 - 11.45am Ages 5 - 14

Enquire about private sessions

### GET INTO GOLF

To Register or further information Ph: Geraldton Pro Shop  
9964 1911 or register at [mygolf.com.au](http://mygolf.com.au)





# Mount Tarcoola Primary School Have 'A' Snack Lunchbar Winter Menu Term 3 2018



**ALL PRODUCTS ARE STAR CHOICE REGISTERED ITEMS**

**Canteen Manageress: Jodie Rodgers Phone: 9964 3162**

**As Per Canteen Policy, Menu is as stated each day: no changes available**

**Hats \$12, Satchels \$15, Pencil Cases \$12 & Stationary available for sale in canteen**

**Lunch bags 20 for 50c**

## Daily Lunch Specials

### Monday

- \* Hamburger & Salad \$5.00
- \* Crunchy Chicken Nachos \$4.50



### Tuesday

- Hot dog \$4.00
- Savoury Beef Noodle Box \$4.50

### Wednesday

- MEAL DEAL DAY - \* \$5.00

*Banana Blast* – Crispy Chicken & Salad wrap,  
Banana Milk & Banana Pikelet  
*Choco Crunch* – Crispy Chicken & Salad wrap,  
Chocolate Milk & Chocolate Muffin

### Thursday

- \* Crumbed Chicken Burger & Salad \$4.50
- \* Stuffed Spud with Sour Cream \$4.00
- \* Cheese Burger \$4.00

### Friday

- Party Pies \$1.00
- Potato Pie \$3.50
- Plain Beef Pie \$3.50
- Sausage Rolls \$3.00
- Spaghetti & Meatballs \$4.50

## DRINKS

- Pauls Milks (Chocolate, Strawberry) \$2.00
- Masters Milk (Chocolate, Strawberry, Spearmint) \$2.50
- Plain Milk \$2.00
- Milk and Sipahh straw \$2.50
- Harvey Fresh Juice Box (Apple, Orange, Apple & BC, Trop) \$2.00
- Spring Water – Large \$2.00
- Chill J Fruit drink \$2.50
- Glee Fruit drink \$2.50



## Available Daily for Recess

- Potato Gems (6 for \$1) or \$0.20c ea
- Pizza Muffin and Pizza Slice \$0.50c
- Cheesies \$1.20
- Pizza Subs \$1.50
- Chicken & Cheese Subs \$1.50
- Pikelets \$0.50c
- Fruit Slinkies / Fruit \$1.20
- Milo Bars \$1.50
- Apple & Custard Crumble \$2.00

### Available daily after lunch

- Billabong Icecreams \$2.00
- Vanilla Buckets \$2.00
- Quelch Icy Poles \$1.00

## Available Daily for Lunch

- Sandwiches/Toasted 1 filling \$3.50
- 2 fillings \$4.00
- Chicken / Ham / Salad Rolls \$4.50
- Toasted Focaccia or Tortilla \$4.50

### **\*\* FILLINGS \*\***

(Ham, \*Chicken, Tuna, Egg, Cheese, Avocado, Beetroot, Pineapple, Spaghetti/Baked Beans)

- Curried Egg Sandwich \$3.50
- Vegemite Sandwich \$2.50
- Vegemite Roll \$2.80
- Lebanese Wraps \$4.50

- Meat & Salad Platter - Large \$4.50
- Small \$3.50

- Fruit Salad – Large \$4.50
- Small \$3.50

- \*Hot Chicken/Mayo Rolls \$4.50
- Apple & Custard Crumble \$2.00
- Yoghurt \$2.00

- Sauce tom/bbq \$0.30c
- Hot Milo \$2.00
- Hot Soup & Bun \$2.50

White bread available on request.

\* Is a Halal product

\*Steggles Chicken and Nuggets are used

