



Mount Tarcoola Primary School



School Motto
"Reliability"

Newsletter

Term 3 Week 8 2017 No: 14

CONTACT DETAILS

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UPCOMING EVENTS

Tues 5th—Mon 18th September
Bookfair

Wednesday 6th September
Big Crunch

Thursday 7th September
Before School Tennis
7:45am - 8:30 am

Friday 8th September
Interschool Cross Country

Monday 11th September
Interschool Jumps & Throws
Science Week

Thursday 14th September
Interschool Athletics Carnival
Before School Tennis
7:45am - 8:30am

Wednesday 20th September
Open Day 1:30—3:00pm

Monday 18th September
Numero Competition

Friday 22nd September
Year 6 Challenge Day

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:

Mount Tarcoola has been making the news lately with two appearances in local newspapers.

Last week's Midwest Times had a full page feature of our Cross Country event and the heading 'Students Cheer on Classmates' perfectly describes our culture here at Mount Tarcoola. Quotes from Deborah-Jay and Chelsea summed up the Tarcoola spirit when they spoke about cheering and encouraging others on and having fun.

That same attitude was also evident during the Book Week parade where we saw some amazing costumes and proud students being cheered on by their classmates. Some students and staff even made it into Tuesday August 29th edition of the Geraldton Guardian. Thanks to the parents for your efforts in having the students come all dressed up. The parade was just one way that the love for reading was fostered during the week. Each day there were tents, cushions and other items set up along with a large selection of books so that students could sit outside during lunch, relax and enjoy some time reading. Thanks to Mrs Woodman and Mrs Morin for setting up each day.

Adding to the Book Week activities a visiting author Jen Banyard, who wrote the Riddle Gully series, was in our school and our Facebook page has some photos of her visit. It is great for the students to meet an author and to listen to them explain how they became an author, how they get story ideas and the processes that they follow to get work published.

Congratulations to Mrs Speed and the Year 4 students in Room 6 who won the term 2 Geraldton Numeracy Strategy Maths Masters competition. The class worked really hard to solve some tricky problems and came out on top. Their prize was \$250 and that money will be used to buy Numero cards for the school.

The Numero cards will be put to good use because on Monday 18th September we are hosting other Midwest schools who are competing in the Numero competition. For those who haven't heard of Numero it is a Maths based card game that helps improve mental maths and problem solving. So we look forward to that event and we have 3 teams who are training hard in preparation under the guidance of Ms Speed, Mrs Bannister and Mrs Blanke.

All these types of extra curricula activities help our students develop additional skills and gain experiences which all add to their development and that is why as a school we are involved in these activities.

Looking even further ahead on Saturday October 28th there is another event that we will have students participating in, the Spaghetti Bridge Challenge. Mrs Batty is coordinating this event that is open to all schools in the Midwest and it will see bridges designed by students and constructed of spaghetti put to the test to see which one will hold the most weight.

Enjoy your week everyone

Shane Rutter
Principal

HELP YOUR SON GET THE WORRY BUG UNDER CONTROL By Michael Grose

Many boys worry about seemingly little things that they have no control over. Whether it's worrying about the house catching on fire; monsters or spiders lurking under their beds; or even worrying that their parents will go work in the morning and won't return home can seem irrational to all-knowing adults but make perfect sense to them.

If you are a type A worrier yourself then you probably fully comprehend your child's anxieties and worries. You know that being told not to overthink things or to stop worrying just won't cut it. If you are the *'It'll be right. Don't overthink it'* type then you may be scratching your head wondering what all the fuss is about. There's no doubt that worriers need careful, sensitive handling by families and teachers alike. Your concern and understanding is one thing but they also need some practical tools and ideas to help them cope now, and build strength so they can minimise the impact of worries in the future.

Here's a collection of great ideas that may help you transition a young worrier to being a social and learning warrior, or at least get the worry bug under control.

Take worries seriously: Get over it won't cut it.

Give the worry a name: Somehow giving a worry a name makes it feel less scary and more manageable. My favourite picture storybook for toddlers 'There's a Hippopotamus on our Roof' by Hazel Edwards personifies fear of the dark as a friendly hippo. Much more friendly and easier to boss around if you're a child.

Put your worries in a jar: Wouldn't it be great to put all your worries into a safe and throw away the key? As an adult you may do this when you take time out to watch your favourite TV show; or lose yourself wandering for hours online. Children need something a little more practical. They can write their worries on some paper and lock them away in a jar by the side of the bed at the end of the day. It's good to know that their worries can't get out because they are locked up tight.

Limit talking time: It's good if boys can talk about what's on their mind but talking needs to be contained to prevent their worries from dominating their lives. Set aside ten minutes a day to talk about their worries and then put worry time aside until tomorrow.

Normalise rather than lionise their anxiety: Anxious kids are very sensitive to their parents' concerns and worries. One way we actually build their concerns is by continually reassuring them that things will be fine. One reassurance should be sufficient most of the time followed by *"I've already talked to you about that."* Continually going over old ground can allow worries to linger longer than necessary.

Worry about the things worth worrying about: Worrying is energy-sapping and can take up too much of anyone's time. As your son gets older it help him to distinguish between what's worth worrying about and what's not. Helping him prioritise his worries helps him feel like he's in control.

Give him the tools to relax: My wife relaxes in front of the TV, which is sufficient for her to take her mind off her worries. Some people need a bigger set of tools including mindfulness and exercise to help us neutralise our worries.

It's not that worriers can't function well. They generally over-function as they come to grips with their anxieties. Not only can worry-wart boys be hard for parents to live with, but they can become difficult partners and friends as adults. This makes childhood the perfect time for parents, not so much to nip worries in the bud but to give natural born worriers some tools and Strategies to make life more tolerable now and, importantly, in the future.

TERM 2 GNS MATH MASTERS COMPETITION

Congratulations to Room 6 and Ms Speed for winning the Term 2 GNS Math Masters competition. The prize was \$250 to our school for a class set of Numero cards.

2018 KINDY to YEAR 6 ENROLMENT APPLICATIONS – NEW TO SCHOOL ONLY

Applications for enrolment for children **NEW** to Mt Tarcoola PS entering Kindergarten to Year 6 in the 2018 school year are open. 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.*

Parents/persons responsible are encouraged to submit their application by Friday 8th September, 2017.

BOOK WEEK PRIZE WINNERS

Congratulations to all students who entered the 'Design a Book Mark' competition. There were some fabulous entries. The winners were:

Room 1	Fatimah Anwar	Room 11	Seth Gregson
Room 2	Kaitlyn Carr	Room 12	Xanthe Brockman
Room 3	Darren Merritt	Room 13	Monique Forsyth
Room 6	Alexa Winfrey	Room 14	Aminah Azman
Room 8	Amali Evans	Room 15	Annabel Goforth
Room 9	Malachi Fraser	Room 16	Jamari Garcia
Room 10	Axl Gallie	Room 17	Mathew Fitzgerald

CONGRATULATIONS to the following students who were awarded Certificates of Merit at the Parent Assembly on Friday 1st September 2017	
Room 1	Thomas Broadhead, Mikayla Finch, Amara Brockman, Caden Ellerington
Room 2	Ella Duffey
Room 3	Jaiden Berry, Chenin Jackson, Chelsea Mullins, Emily Latham
Room 6	Jerome Hodder, Zoltyn MacDonald, Anna Currell, Holly Baynes, Jack Etherton
Room 8	Isabella MacPherson, Sienna Norman, Eevee Watters, Kristen Harries, Lucas Fitzgerald
Room 9	Memphis Scheibel, Dianna Vlavianos, Evan Prunster
Room 10	Chloe Wren, Romarc Moscoso, Nazih Suhaimi
Room 11	Tyrel Turner, Xavier Hogben, Amari Anwar, Lucas Page
Room 12	William Wilson, Noah Armstrong, Reagan Sawyer
Room 13	MacKenzie Lewis, Natasha Archer, Annalise Reilly, Max Baker, Maria Garcia
Room 14	Kyeesha Abraham, Riley Blair, Chelsea Shanahan, Sam Wilson, Robert Bonney
Room 15	Isla Jackson, Jomari Garcia, Oscar Lin, Kalika Molloy
Room 16	Fletcher Harrison, Aaliyah Gasatan, Jack Bright
Room 17	Chloe Cunningham-Duncan, Bailee Reed, Bayley Ingleton, Bella Robinson, Alex Metcalfe-Nash, Samaia Friesen, Lucas Ronan

Aussie of the Month	
Junior Student Lola Warburton	Lola is a friendly, courteous class member who consistently shows a commitment to complete all tasks. She is always willing to have a go at new things, challenge herself and assist others.
Intermediate Student Kaylee Watson	Kaylee is a caring, co-operative and polite student. She is always a willing helper in and out of the classroom.
Senior Student Lucas Ronan	Always volunteering to clean up or put things away. He often sees the need for help and is quick to offer assistance.
Principal's Reliability Award	
Junior Student Payeton Emery Year 2 Rm 1	For continuing to be a most reliable member of our class. She follows all the class rules and is a great role model for others in her group. Well done!
Intermediate Student Tallula Koltasz Year 4 Rm 8	Tallula always displays reliable and honest behaviour. She upholds all the Positive Behaviours that Mt Tarcoola values. She is a quiet and unassuming leader who is highly valued in her class. A true leader!
Senior Student Ben Ingle Year 6 Rm 16	Ben is an awesome student, trustworthy, reliable and shows initiative, is courteous and considerate. He is always willing to help staff.



P&C NEWS
What's your idea?

The P&C would like to hear from families who have an idea about how the P&C can support our school. Maybe you can think of equipment or resources the P&C could fund, or an event you would like to see organised.

Write your ideas below and hand this slip in at the canteen.

Thanks, we look forward to hearing from you.



STUDENTS LEAVING MOUNT TARCOOLA PS IN 2017 — Return to school office

If your child/ren are currently in Kindy to Year 5 and will not be returning to Mount Tarcoola PS in 2018 please complete the section below and return it to the school office by Thursday 30th November 2017.

My child/ren _____
will not be returning to Mount Tarcoola PS in 2018.

Current Year/s: _____ Room Number/s: _____

Date Leaving: _____ Destination School: _____

Parent's Name: _____

Signature: _____ Date: _____

CANTEEN NEWS

Thank you to all the parents who donated cakes, slices, muffins, biscuits etc to the canteen for our Athletics Day. The canteen raised \$350 from your donations. Thanks also to the amazing parents who volunteered their time to assist in the canteen on the day, it was very much appreciated. In total the canteen raised \$1 550 for the day, a fantastic effort.

On Saturday 26th August we held a Sausage Sizzle at Bunnings and raised \$1 160, thank you to the parents who manned the stall.

RANGEWAY DENTAL CLINIC

The Rangeway Dental Therapy Centre will be closed from Tuesday 12th September, until Friday 6th October. We will reopen on Monday 9th October, at 8am. If urgent treatment is required during these times, please phone 9921 4218 or 9923 1289 between 8am - 4pm, Monday to Friday. Outside of these times, you may need to see a private dentist, or attend the A&E of the hospital.

WATERWISE TIP



Choose waterwise plants

Choose waterwise plants that are best suited to your region. Waterwise gardens need less water and less maintenance making your life a little bit easier.

WATER EDUCATION

COMMUNITY NEWS

Celebrating Education for Sustainability in Mid West Schools

The Museum of Geraldton is hosting an exhibition to celebrate what local schools are doing on their journey towards education for sustainability. Come along to learn about some of the environmental and sustainability projects students have been involved with and share their hopes for the future.

The exhibition is being held from Friday 15 – Sunday 17 September. Students from Geraldton Grammar School and Nagle Catholic College will also be giving a public talk on the Friday night, about their recent expedition to Indonesia as part of Operation Wallacea, an international biodiversity and conservation management research program.

Celebrating Education for Sustainability in Mid West Schools

Friday 15 - Sunday 17 September
9:30 am – 3:00 pm
At the Museum of Geraldton
Batavia Coast Marina

Student Presentation:
Project Wallacea
Friday 15 September
5:30 – 6:30 pm, doors open 5:00 pm

MUSEUM OF GERALDTON

OPEN DAY 9AM - 1PM

9TH SEPTEMBER GERALDTON POLICE COMPLEX

The Renovations are Done - Come down and celebrate the re-opening of the Geraldton Police Complex with your local Police Officers

Enjoy the Rare opportunity to Tour the Complex and see behind the scenes
Restored VN Commodore - TRG and Bomb Squad - Police Motorcycles - Forensic Display

COME DOWN AND SUPPORT THE CLONTARF FOUNDATION FUNDRAISER
SAUSAGE SIZZLE & COOL DRINK'S

DOLPHIN AND FLIPPA BALL 2017

All new and old players welcome!

Dolphin Ball

Who: Pre-primary - Year 3 **Cost:** \$55

Where: Indoor Leisure Pool, Time: 3.30-4pm, 4-4.30pm, 4.30-5pm

Season Dates: Wed 11th Oct - Wed 6th Dec

Flippa Ball

Who: Year 3 - 6 **Cost:** \$55

Where: Indoor Lap Pool, Time: 8.30-9.15am & 9.15-10am

Season Dates: Sat 14th Oct - Sat 9th Dec

Registration day Saturday 16th September 9am-12pm at Aquarena. Contact Larena Manuel 0427 076 404 or manuel.home@bigpond.com.au

Geraldton



Water Polo Association Inc.
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ABN 70 483 425 312