CONTACT DETAILS
Principal: Mark Whisson
Deputy Principals: Shane Rutter, Marlene Bevan
Manager Corporate Services: Sharon Browning
Telephone:
School: 08 9921 4066
Kindy/Pre-primary: 08 9921 4310
Canteen: 08 9964 3162
Fax: 08 9921 4467
Email: MountTarcoola.PS@education.wa.edu.au
Website: http://mttarcoola.wa.edu.au

UPCOMING EVENTS
Tuesday 9th February
Parent Meeting Room 4 @ 4:30pm

Thursday 11th February
Parent Meetings—Rooms 9, 10, 11, 12

Monday 15th February
P&C Meeting—Staffroom 6:30pm

Wednesday 17th February
Welcome BBQ 6.30pm
Parent Meetings—Rooms 1, 2, 5, 7, 8 @ 5:30pm
Parent Meetings - Rooms 11, 13, 14, 15, 16, 17 @ 6pm

Tuesday 23rd February
Parent Newsletter

Wednesday 24th February
Red & White Day Fundraiser

Friday 4th March
Parent Assembly Rooms 13 & 14

Friday 11th March
Parent Assembly Rooms 7 & 17

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 back! I trust that everyone had an enjoyable, restful holiday and is looking forward to another year of school life. We have had a smooth start to the year with only minor adjustments to our Kindergarten - Pre-primary area. In order to accommodate some new applications for enrolment we have created a split Pre-primary-Kindergarten class in Unit 2 with Ms Evans and that class will begin operations this week. We have had a slight decrease in total enrolments which are currently sitting at 447, down about 35 as compared to last year. Our staff, both teaching and non-teaching has remained stable. Mr Liddle has taken leave for the next 18 months but with the decrease in numbers we were able to maintain the same staff as last year.

The Kindergarten-pre-primary area of the school is where we have experienced the biggest decrease in student numbers. As a consequence, Pre-primary Unit 4 has been removed and the area has been fenced. It is expected that a garden and pathways through this area will be laid out in the near future.

Ms Harrop from Room 16 has volunteered to be the coordinator for the Peer Mediator program for 2016. Our Peer Mediators will be appointed this week and will assist students in the playground who require help. Voting for the Faction Captains will also be finalised this week and they will be announced at the student assembly on Monday.

Our Chaplain, Mrs Jenny Seaby will commence work this week. Mrs Seaby will work with students who have been identified as those that will benefit from intervention. Parents can request that their child/children can talk to Mrs Seaby or children can request a session with Mrs Seaby if they wish. Teachers can also nominate students for a session with Mrs Seaby.

The main item on the calendar at the moment is the "KidsMatter Welcome Barbecue" which will be held on Wednesday 17th February (next week) on the lawn outside Rooms 7 and 8. Our school will provide a sausage sizzle at no cost to members of our community. Halal sausages will be provided for the Muslim members of our school community. The event begins at around 6.15 pm and attendees should bring their own drinks and salad. The Welcome Barbeque is a smoke and alcohol free event.

Finally, Parent Meetings for most classes have been scheduled and will occur over the next couple of weeks. Please make use of this opportunity to get to know your child’s/children’s teacher/s and to clarify expectations for the year ahead.

MARK WHISSON
PRINCIPAL
CONTRIBUTIONS AND CHARGES 2016

A Voluntary Contributions and P&C Advice will be sent home by Friday 19th February for each child via their classroom teacher. This year parents have the opportunity to pay Contributions and P&C by Direct Debit into the school’s bank account—details will be on the bottom of the advice sheet. Credit Cards, cash and cheques will still be accepted—payment to be made at the office. Charges for In-term Swimming, Incursions/Excursions, Graduation etc will be pay as you go. Class teachers will provide details of incursions/excursions and costs, payment to be made to class teacher (cash or cheque).

Credit card payment (at bottom of advice sheet) is only available for Contributions and P&C. The school does not have EFTPOS.

Contributions and P&C are voluntary and are used by the school to provide materials, services and facilities for the educational program of students. Charges and other optional costs are for the participation of students in events such as excursions, performances, in-term swimming and sporting events. Students cannot participate in these events unless the charges have been paid.

PARENT MEETINGS

Class teachers will be conducting Parent Meetings in Weeks 2 & 3 to inform parents of the operational procedures for their class. Parents will receive a note home regarding the day and time for their child’s class meeting.

PLASTIC RECYCLING IS HERE!

Our recycling bin for plastics is located adjacent to the staff car park off Forden Street and is blue in colour. Any plastic bottles used around home including bleach bottles, detergent bottles, milk bottles, drink bottles and other containers that have a recycling number of 1 or 2 can be placed in the bin.

We will be encouraging our students to bring suitable plastics to school for recycling. However we would love to see our parents and carers using the bin for the recycling of all their suitable plastic containers that they would normally put in the household wheelie bin. We are a “Waste Wise School” and if we all do our bit we can make a difference.

PARENT EMAIL ADDRESS—IMPORTANT

Last year we had emails bounce back as the address given was incorrect or did not have the correct permissions, therefore all families will receive the first issue as a hard copy. If you want to receive our newsletter by email please complete the below slip. If an additional person requires the newsletter to be emailed please supply their address as well e.g grandparent, split families. Place completed slip in box provided in office foyer by WEDNESDAY 17th FEBRUARY, 2016. If a slip is not returned you will receive a hard copy via eldest child.

We have also had a few instances where mail has been returned to the school or phone numbers disconnected. If home/mailing addresses, phone numbers, emergency contacts have changed please come into the office and complete a change of details form.

CONTACT EMAIL ADDRESS

ELDEST STUDENT'S NAME: _______________________________ ROOM:______

CONTACT’S NAME: _______________________________

NO CHANGE:    □    OR    NEW EMAIL: _______________________________

ADDITIONAL CONTACT’S NAME (IF REQUIRED) : _______________________________

EMAIL: _______________________________
JUNIOR SUPER SERIES 2016

If you're aged between 7 - 16 years then why not come down and give Triathlon a go!

We are now racing in a new location at Medallions Beach each Saturday morning until the 19th March. Registration is only $20 for the season and $2 each week.

For all the club information check out our website www.geraldtontriclub.com.au, facebook page or contact Peter Hearne on 0488 15 15 51.

Triathlon... Just tri it! ...You’ll love it

GERALDTON AUSKICK AND JUNIOR FOOTBALL REGISTRATION DAY

Football is back! Boys and girls come along to register in Australia’s number 1 sport. Register in Auskick, U8, U10, U12, U14 or U16 to make new friends and have fun!

When: 14th February
Time: 2pm - 3pm
Where: Towns Football Club (8th Street Wonthella)
Contact: Steve Broberg 0429 914 220 or look for us on Facebook for further information.

WEET-BIX SURF GROMS

Started in Geraldton on Thursday 4th February with Midwest Surf School on Thursday (6am) and Saturday Mornings (8 or 9:30am). Book at www.surfgroms.com. Adult and Teen classes also available. Call 0419 988 756 for any queries.

GRIEF AND LOSS WORKSHOP FOR CHILDREN AND YOUNG PEOPLE

4 Week Course designed to assist children who have had a major change in their life through a death or divorce or separation. Any major change can impact a young person’s life.

Children’s Workshops:
March, May, June and August

Parent Information Session:
Monday 15th February 2016 at 6pm

Dates, times and age ranges of the children attending the Grief and Loss Workshops will be decided by the needs identified by the parents who attend the information session.
For bookings please call Centacare Ph: 9921 1433.
N.B. There are no child minding facilities available.
ROAD MAP TO MY EMOTIONS

Parent edition

1 hour parent info session before the child workshops which help children:

- Notice their warning signs
- Think about solutions
- Navigate life’s speed bumps

When
Monday 22 February 5.30pm - 6.30pm
Wednesday 24 February 10am - 11am (parents only have to attend 1 of these sessions)

Where
Centacare Family Services, 3 Maitland Street Geraldton

Cost
FREE

Please call (08) 9921 1433 to register your attendance

ROAD MAP TO MY EMOTIONS

5-week emotional regulation workshop for ages 6-12

Helping children learn to accept and cope with their basic emotions helping to build resilience.

The 1 hour weekly group education sessions are:

- Week 1: Our Emotions and Feeling Happy
- Week 2: Feeling Sad
- Week 3: Feeling Scared
- Week 4: Feeling Angry
- Week 5: Problem Solving

For more information or to find out when the program is being run for different age groups please call Centacare on (08) 9921 1433, follow Centacare Family Services on Facebook or visit our website

www.centacaregerman.org.au
<table>
<thead>
<tr>
<th>Course/Seminar</th>
<th>Organisation</th>
<th>Contact</th>
<th>Venue</th>
<th>Sessions</th>
<th>Target Group</th>
<th>Crèche</th>
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<tbody>
<tr>
<td>Circle of Security Parenting Program</td>
<td>Parenting WA and 360 Health + Community</td>
<td>Karen Higgs 08 9923 1125 or Helene Sharp 08 9960 6800</td>
<td>Child Parent Centre Rangeway Hovea Street, Rangeway</td>
<td>Wednesdays 3rd, 10th, 17th and 24th February and March 2nd, 9th, 16th and 23rd March 9.30am – 11.30am</td>
<td>Parents of children up 0 – 5 years</td>
<td>Yes</td>
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<tr>
<td>New Parents &amp; Babies 0 – 3 month group</td>
<td>Department of Health</td>
<td>Community Health Centre 08 9956 1985</td>
<td>Community Health Centre Group Room Shenton Street</td>
<td>Tuesday mornings 10am – 12pm 4 week course Commencement dates February, 2nd and March 15th</td>
<td>New parents with babies 0 – 3 months</td>
<td>No</td>
</tr>
<tr>
<td>New Parents &amp; Babies 3 – 6 month group</td>
<td>Department of Health</td>
<td>Community Health Centre 08 9956 1985</td>
<td>Community Health Centre Group Room Shenton Street</td>
<td>Tuesday 8th March 10am – 12.00pm</td>
<td>Parents of babies 3 – 6 months</td>
<td>No</td>
</tr>
<tr>
<td>Triple P – &quot;Raising competent and confident children&quot;</td>
<td>Child and Parent Centre - Rangeway</td>
<td>Child and Parent Centre - Rangeway 08 9921 6814</td>
<td>Child Parent Centre Rangeway Hovea Street, Rangeway</td>
<td>Monday 14th March 9.30am – 11.30am</td>
<td>Parents/Carers of Children 0 – 8 years</td>
<td>Yes</td>
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<tr>
<td>Triple P – &quot;Raising resilient children&quot;</td>
<td>Child and Parent Centre - Rangeway</td>
<td>Child and Parent Centre – Rangeway 08 9923 6814</td>
<td>Child Parent Centre Rangeway Hovea Street, Rangeway</td>
<td>Monday 14th March 5.30pm – 7.30pm</td>
<td>Parents/Carers of Children 0 – 8 years</td>
<td>No</td>
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<tr>
<td>Triple P – “Power of Positive Parenting”</td>
<td>Child and Parent Centre - Rangeway</td>
<td>Child and Parent Centre – Rangeway 08 9923 6814</td>
<td>Child Parent Centre Rangeway Hovea Street, Rangeway</td>
<td>Wednesday 2nd March 1pm – 2pm</td>
<td>Parents/Carers of Children 0 – 8 years</td>
<td>Yes</td>
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<tr>
<td>Protective Behaviours Parent Program</td>
<td>Chrysalis and Parenting WA</td>
<td>Child and Parent Centre – Rangeway 08 9923 6814</td>
<td>Child and Parent Centre – Rangeway 08 9923 6814</td>
<td>Thursday 17th and 24th March 9am – 12pm</td>
<td>Parents/Carers of Children 0 – 5 years</td>
<td>Yes</td>
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<tr>
<td>Snuggles for Mums and Bubs</td>
<td>Centacare</td>
<td>Centacare 08 9921 1433</td>
<td>Centacare 08 9921 1433</td>
<td>Tuesdays starting February 9th – April 5th</td>
<td>Expectant, New Mums and Mums with Infants 8 months and under</td>
<td>Toddlers welcome</td>
</tr>
<tr>
<td>Mums Matter – Perinatal Depression and Anxiety specific program</td>
<td>Women’s Health Resource Centre</td>
<td>Women’s Health Resource Centre - Geraldton 08 9964 2742</td>
<td>Women’s Health Resource Centre 28 Sandford Street Geraldton</td>
<td>Thursdays February 11th to March 17th 10-11am</td>
<td>Pregnant women or post-natal women</td>
<td>No, but bubs included</td>
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<tr>
<td>Baby Massage</td>
<td>Women’s Health Resource Centre</td>
<td>Women’s Health Resource Centre - Geraldton 08 9964 2742</td>
<td>Women’s Health Resource Centre 28 Sandford Street Geraldton</td>
<td>Fridays February 12th to March 11th 10-11am 5 week program</td>
<td>New mums and bubs</td>
<td>Bubs included</td>
</tr>
<tr>
<td>Self Regulation – Understanding children’s behaviour</td>
<td>Kids Hub Training and Consultancy</td>
<td>Kate Foster 0407 024 051</td>
<td>Kids Hub Training and Consultancy 184 Marine Tce Geraldton</td>
<td>Cost $35 (includes light refreshments and resources) Tuesday February 2nd 6.00pm</td>
<td></td>
<td>No</td>
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<tr>
<td>Understanding and supporting children experiencing anxiety</td>
<td>Kids Hub Training and Consultancy</td>
<td>Kate Foster 0407 024 051</td>
<td>Kids Hub Training and Consultancy 184 Marine Tce Geraldton</td>
<td>Cost $35 (includes light refreshments and resources) Tuesday February 16th 6-7.30pm</td>
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<td>No</td>
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<tr>
<td>Understanding the amazing world of a 2 year old</td>
<td>Kids Hub Training and Consultancy</td>
<td>Kate Foster 0407 024 051</td>
<td>Kids Hub Training and Consultancy 184 Marine Tce Geraldton</td>
<td>Cost $35 (includes light refreshments and resources) Tuesday February 23rd 6.00pm</td>
<td>Parents/carers of children 2yrs and under</td>
<td>No</td>
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<tr>
<td>Mindful Mums (and Dads and Carers too!)</td>
<td>Kids Hub Training and Consultancy</td>
<td>Kate Foster 0407 024 051</td>
<td>Kids Hub Training and Consultancy 184 Marine Tce Geraldton</td>
<td>4 week course Cost $15 per session Monday 8th, 15th, 22nd &amp; 29th February 6-7.30pm</td>
<td>All parents and carers</td>
<td>No</td>
</tr>
</tbody>
</table>
**BRAVE Self-Help** is an online program for the prevention, early intervention, and treatment of youth anxiety. It was developed at The University of Queensland by experts in youth anxiety and has now been running for over 14 years throughout Australia. The program is fun, interactive, based on cognitive-behavioural principles and has been found to be effective in reducing anxiety in children and adolescents. It has helped hundreds of children experiencing social anxiety, shyness, separation anxiety, phobias and general worries.

**BRAVE Self-Help** is now available to use at home free due to the support of beyondblue. Any Australian young people who would like help with anxiety can access the self-help program via [https://brave4you.psy.uq.edu.au/](https://brave4you.psy.uq.edu.au/). The program can be accessed through any computer or tablet device, at any time and includes up to 10 sessions for youth. Parents can also take part in a separate parent program to learn ways of helping their child or teenagers manage anxiety. Teachers, young people and parents can also find out more about the program or take a trial or any of the programs through the BRAVE website.
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<th>WEEK</th>
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<td>Australia Day</td>
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<td>Students commence</td>
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<td>Parent Newsletter</td>
<td>Parent meeting Rm 4 @ 4.30pm</td>
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<td>Parent Meetings Rms 9 10 11 12</td>
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<td>P &amp; C Meeting @ 6.30pm</td>
<td>Welcome BBQ</td>
<td>Parent meetings Rm 5, 7 &amp; 8 @ 5.30pm</td>
<td>Rm 1 &amp; 2 @ 5.30pm</td>
<td>Rms 13 14 15 16 17 @ 6pm</td>
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<td>Parent Newsletter</td>
<td>Red and White Day fundraiser</td>
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<td>Parent Assembly Rooms 13 and 14</td>
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<td>Labour Day</td>
<td>Parent Newsletter</td>
<td>Yr 6 at Camp School Leadership Day</td>
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<td>Parent Assembly Rooms 7 and 17</td>
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<td>Harmony Day – WALA: The Spirit of Ghana Incursion</td>
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<td>Parent Newsletter</td>
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<td>Good Friday</td>
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<td>Easter Monday</td>
<td>Easter Tuesday</td>
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<td>Parent Assembly Rooms 15 and 16</td>
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<td>Parent Newsletter</td>
<td>ANZAC Assembly</td>
<td>Yr 6 Challenge Day</td>
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<td>Hillcrest visit</td>
<td>Last Day of Term</td>
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Mount Tarcoola Primary School
Have ‘A’ Snack Lunchbar Summer Menu
Term 1 2016

ALL PRODUCTS ARE STAR CHOICE REGISTERED ITEMS
Canteen Manageress: Jodie Rodgers  Phone: 99643162
As Per Canteen Policy, Menu is as stated each day: no changes available

Hats, Satchels, Pencil Cases and Stationary available for sale in canteen.

Lunch bags 20 for 50c

DAILY LUNCH SPECIALS

MONDAY
* Sweet Chilli Chicken Wrap & Salad $4.50
Pizza Single or Pizza Pocket $3.50

TUESDAY
Hot Dog $4.00
*Nuggets & Salad $4.50

WEDNESDAY
MEAL DEAL DAY — * $5.00
Strawberry Surprise - Chicken & Salad wrap
Strawberry Kebab & Strawberry Milk
Tropical Treat - Chicken & Salad wrap,
Tropical Kebab & Tropical Juice

THURSDAY
* Fillet Burger & Salad $4.50
Crumbed Fish & Salad $4.50

FRIDAY
Party Pies $1.00
Potato Pie $3.50
Plain Beef Pie $3.50
Sausage Rolls $3.00
*Chicken Caesar Salad $4.50

DRINKS
Paula’s Milks (Chocolate, Strawberry) $2.00
Masters Milk (Choc, Strawberry, Spearmint) $2.50
Plain Milk $2.00
With sipah straw $2.50
Harvey Fresh Juice Box (Apple, Orange, Apple & BC, Trop) $2.00
Spring Water - Large $2.00
Lol Fruit drink $2.50

Available Daily for Recess

Potato Gems (6 for $1) or $0.20
Ham & Cheese Muffins $0.60
Chicken & Cheese Muffins $0.60
Cheesies $1.20
Pizza/Chicken & Cheese Subs $1.50
Pikelets $0.50
Fruit Slinkies / Fruit $1.20
Jelly and custard $1.50
Jelly and Fruit $1.00
Milo Bars $1.60

Available daily after lunch

Fandangles - Choc, Fairy Floss $2.00
Vanilla Buckets $1.60
Quelch Icy Poles $1.00

Available Daily for Lunch

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

** FILLINGS **
(Ham, *Chicken, Tuna, Egg, Cheese
Avocado, Beetroot, Pineapple, Spag/BBEans)

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 - $4.00
Small - $3.50

* Hot Chicken/ Mayo Rolls - $4.50

Jelly & Custard - $1.50
Jelly & Fruit - $1.00
Yoghurt $2.00
Sauce - BBQ, Tomato .30

White Bread available on request
* Is a Halal product
* Steggles Chicken and Nuggets are used only