



School Motto
"Reliability"

Mount Tarcoola Primary School

Newsletter

Term 1 Week 2 2016 No.1

CONTACT DETAILS

Principal:

Mark Whisson

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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 1, 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.

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CONTACT EMAIL ADDRESS

ELDEST STUDENT'S NAME: _____ ROOM: _____

CONTACT'S NAME: _____

NO CHANGE: ☐ OR NEW EMAIL: _____

ADDITIONAL CONTACT'S NAME (IF REQUIRED) : _____

EMAIL: _____

COMMUNITY NEWS

GERALDTON



TRIATHLON
CLUB

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](http://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

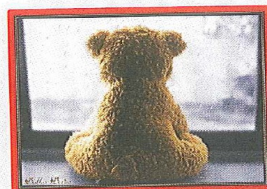
4 Week Course designed to assist children who have had a major change in their life through a death or divorce or separation. Any major change can impact a young person's life.

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.centacaregeraldton.org.au

MIDWEST PARENTING PROGRAMS GUIDE TERM 1 2016

Course/Seminar	Organisation	Contact	Venue	Sessions	Target Group	Crèche
Circle of Security Parenting Program	Parenting WA and 360 Health + Community	Karen Higgs 08 9923 1125 or Helene Sharp 08 9960 6800	Child Parent Centre Rangeway Hovea Street, Rangeway	Wednesdays 3 rd , 10 th 17 th and 24 th February and March 2 nd , 9 th , 16 th and 23 rd March 9.30am – 11.30am	Parents of children up 0 – 5 years	Yes
New Parents & Babies 0 – 3 month group	Department of Health	Community Health Centre 08 9956 1985	Community Health Centre Group Room Shenton Street	Tuesday mornings 10am – 12pm 4 week course Commencement dates February 2 nd and March 15 th	New parents with babies 0 – 3 months	No
New Parents & Babies 3 – 6 month group	Department of Health	Community Health Centre 08 9956 1985	Community Health Centre Group Room Shenton Street	Tuesday 8 th March 10am – 12.00pm	Parents of babies 3 – 6 months	No
Triple P – “Raising competent and confident children”	Child and Parent Centre - Rangeway	Child and Parent Centre - Rangeway 08 9921 6814	Child Parent Centre Rangeway Hovea Street, Rangeway	Monday 14 th March 9.30am – 11.30am	Parents/Carers of Children 0 – 8 years	Yes
Triple P – “Raising resilient children”	Child and Parent Centre - Rangeway	Child and Parent Centre – Rangeway 08 9923 6814	Child Parent Centre Rangeway Hovea Street, Rangeway	Monday 14 th March 5.30pm – 7.30pm	Parents/Carers of Children 0 – 8 years	No
Triple P – “Power of Positive Parenting”	Child and Parent Centre - Rangeway	Child and Parent Centre – Rangeway 08 9923 6814	Child and Parent Centre – Rangeway 08 9923 6814	Wednesday 2 nd March 1pm – 2pm	Parents/Carers of Children 0 – 8 years	Yes
Protective Behaviours Parent Program	Chrysalis and Parenting WA	Child and Parent Centre – Rangeway 08 9923 6814	Child and Parent Centre – Rangeway 08 9923 6814	Thursday 17 th and 24 th March 9am – 12pm	Parents/Carers of Children 0 – 5 years	Yes
Snuggles for Mums and Bubs	Centacare	Centacare 08 9921 1433	Centacare 08 9921 1433	Tuesdays starting February 9 th – April 5 th	Expectant, New Mums and Mums with Infants 8 months and under	Toddlers welcome
Mums Matter – Perinatal Depression and Anxiety specific program	Women’s Health Resource Centre	Women’s Health Resource Centre - Geraldton 08 9964 2742	Women’s Health Resource Centre 28 Sandford Street Geraldton	Thursdays February 11 th to March 17 th 10-11am	Pregnant women or post-natal women	No, but bubs included
Baby Massage	Women’s Health Resource Centre	Women’s Health Resource Centre - Geraldton 08 9964 2742	Women’s Health Resource Centre 28 Sandford Street Geraldton	Fridays February 12 th to March 11 th 10-11am 5 week program	New mums and bubs	Bubs included
Self Regulation – Understanding children’s behaviour	Kids Hub Training and Consultancy	Kate Foster 0407 024 051	Kids Hub Training and Consultancy 184 Marine Tce Geraldton	Cost \$35 (includes light refreshments and resources) Tuesday February 2 nd 6.00pm		No
Understanding and supporting children experiencing anxiety	Kids Hub Training and Consultancy	Kate Foster 0407 024 051	Kids Hub Training and Consultancy 184 Marine Tce Geraldton	Cost \$35 (includes light refreshments and resources) Tuesday February 16 th 6-7.30pm		No
Understanding the amazing world of a 2 year old	Kids Hub Training and Consultancy	Kate Foster 0407 024 051	Kids Hub Training and Consultancy 184 Marine Tce Geraldton	Cost \$35 (includes light refreshments and resources) Tuesday February 23 rd 6.00pm	Parents/carers of children 2yrs and under	No
Mindful Mums (and Dads and Carers too!)	Kids Hub Training and Consultancy	Kate Foster 0407 024 051	Kids Hub Training and Consultancy 184 Marine Tce Geraldton	4 week course Cost \$15 per session Monday 8 th , 15 th , 22 nd & 27 th February 6-7.30pm	All parents and carers	No

JUNIOR SQUASH COACHING

GERALDTON SQUASH CLUB, 8th Street, Wonthella - 9921 5008

FRIDAY AFTERNOON: 4.00pm to 5.00pm, \$4



CHRIS SEKULOFF 'SECKO'

WEDNESDAY AFTERNOON: 4.00pm to 5.00pm, \$4



LOUISE MANNING



Active Start

Males and Females 0-6

Fitness and movement skills development as a FUN part of daily life



FUNDamentals

Males 6-9 Females 6-8

Learn all FUNDamental movement skills and build overall motor skills
Play many sports
Focus on the ABCs of Athleticism: ability, balance, coordination, and speed



Learning to Train

Males 9-12 Females 8-11

Learn overall sport skills
Acquire sport skills that will be the cornerstone of athletic development
Play a variety of sports focusing on developing skills in three sports in particular



MIKE DUFOUR



SATURDAY MORNINGS: 10.00am to 11.30am, \$4

Training to Train

Age is growth-spurt dependent

Males 12-16 Females 11-15

Build an endurance base, develop speed and strength towards the end of the stage, and further develop and consolidate sport specific skills
Select two favourite sports based on predisposition



The BRAVE Program.

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 for 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/>. 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.



TERM 1 2016

WEEK	Monday	Tuesday	Wednesday	Thursday	Friday
	25 JAN	26 Australia Day	27	28	29
1	1 FEB Students commence	2	3	4	5
2	8 Parent meetings commence this week	9 Parent Newsletter Parent meeting Rm 4 @ 4.30pm	10	11 Parent Meetings Rms 9 10 11 12	12
3	15 P & C Meeting @ 6.30pm	16	17 Welcome BBQ Parent meetings Rm 5, 7 & 8 @ 5.30pm Rm 1 & 2 @ 5.30pm Rms 13 14 15 16 17 @ 6pm	18	19
4	22	23 Parent Newsletter	24 Red and White Day fundraiser	25	26
5	29	1 MAR	2	3	4 Parent Assembly Rooms 13 and 14
6	7 Labour Day	8 Parent Newsletter Yr 6 at Camp School Leadership Day	9	10	11 Parent Assembly Rooms 7 and 17
7	14	15	16	17	18 Harmony Day – WALA: The Spirit of Ghana Incursion
8	21	22 Parent Newsletter	23	24	25 Good Friday
9	28 Easter Monday	29 Easter Tuesday	30	31	1 APRIL Parent Assembly Rooms 15 and 16
10	4	5 Parent Newsletter	6	7 ANZAC Assembly Hillcrest visit	8 Yr 6 Challenge Day Last Day of Term
H	11	12	13	14	15
H	18	19	20	21	22

