



School Motto
"Reliability"

Mount Tarcoola Primary School

Newsletter

Term 1 Week 11 2018 No: 5

CONTACT DETAILS

Principal:

Paul Luxton

Deputy Principals:

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Marlene Bevan

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UPCOMING EVENTS

Wednesday 11th April

ANZAC Assembly – 9am

Year 6 visit to Hillcrest – 11am

Friday 13th April

Year 6 Challenge Day

Last day of Term

Tuesday 1st May

Student commence Term 2

Tuesday 8th May

Parent Newsletter

Wednesday 16th May

Geraldton Buccaneers Visit

Friday 18th May

Football & Netball Lightning Carnival

Tuesday 22nd May

Parent Newsletter

Wednesday 23rd May

Simultaneous Storytime

"Hickory Dickory Dash"

Friday 25th May

Parent Assembly Rooms 14 & 17

Year 6 Cake Stall

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:

ANZAC Service

Tomorrow we are holding our ANZAC service which commences at 9.00am in the Hall. This is being run by the Year 6's and we have several invited guests speaking. The Mount Tarcoola school community is invited to attend.

Parent Assembly

It was great to see so many parents, caregivers and friends at the parent assembly last Friday. Rooms 11 and 13 presented us with amazing facts and some fantastic singing on all things feathers, fins and fur! Well done to all the students who earned an award. I promise next time to be more reliable and actually remember to bring the Principal's Reliability award with me!

NAPLAN Online

This year our Year 3 and Year 5 students will be completing the annual National Assessment in Program in Literacy and Numeracy (NAPLAN). What is new is that they will be completing most of the assessments online. Last year we trialled the online program and students have been engaged in other online assessments in preparation for this. Recently the Year 3 and 5's have conducted practice NAPLAN assessments to ensure that the system works and so they can become more familiar with the online process. The online assessments will mean that the whole process is streamlined and that we should be able to get the results much earlier. The assessments are also intuitive which means that the test responds to the questions that the children get right and wrong and then determines the next level of questions for them to answer. This will greatly assist in providing a much more accurate picture of a child's level of understanding. When NAPLAN is taking place can parents please supply headphones/earbuds for their child.

Absences

Under the school education act it is a requirement that parents/caregivers supply the school with an explanation as to student absence from school. Some parents will receive correspondence from the school in the near future in regards to supplying these explanations. Please fill out the letters that come with the reasons for the absences and return them to school as soon as possible. Every day a student is away, means that they fall behind their cohort with their learning. Did you know that if a student misses one day per week from Year One to Year 6, they will miss nearly one full year and one term of learning?

Nationally Consistent Collection of Data for School Students with a Disability (NCCD)

Our school is part of a national project about students with a disability and/or learning difficulties. We have been asked to provide data about the number and learning needs of children at our school. The name of the school and the name of the students will not be reported. Information about the different types of needs and the programs and resources the school uses to overcome barriers and support children with special needs will be collected. We believe it is important to contribute to this because it will help Governments and the Department develop better policies that acknowledge the level or resources needed in schools to meet the needs of all students in Western Australia. If you would like to learn more about the Nationally Consistent Collection of Data for School Students with Disability you can visit this website: https://docs.education.gov.au/system/files/doc/other/2017_-_nccd_public_information_notice.pdf

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Minor Works

Over the upcoming school holidays we hope to have several minor works projects completed. We have been successful in accessing a painting upgrade and we will have all our classroom doors repainted as well as several different parts of the outside infrastructure. We have requested that the Early Childhood fence upgrade to also be completed over the term break. The school has also issued a work order to fix up the long jump sand pit area near the cricket nets. This will involve the current pit being retained properly and the grassed run up area being replaced with new grass. Part of this process will also involve removing the top level of sand and replacing it with loam that will be more conducive to grass being grown on it. Hopefully by getting this done in April we will have a safe and stable run up area for the Athletics Carnival in Term 3.

School Banking

A reminder to all parents that school banking is on again this Friday. If you want to open an account bring your drivers licence, Medicare card and child's birth certificate to sign up your child for school banking. Or you can head to the Bendigo Bank branch in Forrest St. The bank is open till 5.00pm.

School Holidays

This Friday marks the beginning of the two week holiday break. I hope everyone has a safe and enjoyable break from school. Please remember that the school is closed for this period and it is an offence to enter schools grounds unauthorised. School will resume for students on Tuesday the first of May.

Principal

Paul Luxton

CONGRATULATIONS to the following students who were awarded Certificates of Merit at the Parent Assembly on Friday 6th April, 2018.		Aussie of the Month	
Room 1	Xanthe Brockman, Pippa Lin, Sidney Thuijs	Junior Student Macklan Berry	Always ready to learn with a huge smile and a positive attitude. You are a true blue, fair dinkum Aussie Macklan. Well done!
Room 2	Tahlia Johnson, Jarad Velickovic	Intermediate Student Katlynn Nauer	Katlynn has shown beautiful leadership skills by inviting new students into her friendship group. You are an amazing friend. Well done!
Room 3	Kash D'Arcy, Miley Argent, Savanah Gallie, Caden Ellerington	Senior Student Riaz Mohammad	Always friendly and helpful to his peers. Displays awesome manners and gets the job done like a true Aussie, goes above and beyond.
Room 6	Marli Lewis, Zac Johnson, Emily Clinch	Principal's Reliability Award	
Room 8	Shai Broomham, Ishraf Lazin, Kuta Will, Delta Horsman, Elise Kent	Junior Student Azhari Mirzwan	Azhari is a considerate and hardworking class member. He can be relied upon to listen to instructions from all teachers and complete tasks. Azhari can be trusted to perform special jobs for the teacher and assist his classmates.
Room 9	William Wilson, Finn Beevers, Lola Warburton, Jack Goforth	Intermediate Student Reannah Bradley	Reannah is a mature and sensible class member who always demonstrates the 4 Bs. She is a fantastic role model and a delight to teach.
Room 10	Aaron Norman, Liam Warhurst, Dylan Jeffrey	Senior Student Hannah Muchamore	Dedicated student who consistently strives to improve. She can be relied upon to carry out extra duties, help others and complete classroom requirements.
Room 11	Rhayssa Heseltine, Liyana Manok, Jack Cukela		
Room 12	Mia Hipper-Preston, Seth Leech, Rhys Cole		
Room 13	Braith Ellerington, Bailee Emery, Ben McGowan, Micah Goode, Amali Evans		
Room 14	Oscar White, Jaitayah Abraham, Gypsy Atkins, Calista Comeagain		
Room 15	George Goforth, Kiara Duffey, Izzy Sekuloff		
Room 16	Tennessee Forrester, Lucas Ronan, Callum Kerr		
Room 17	Annalise Reilly, Sam Wilson, Shaylyn Latham		
ICT	Angus Chadbourne		
Science	Isaac Gamble		

WANTED: GOOD QUALITY SCHOOL SUPPLIES

Have you got that box in the cupboard with extra boxes of crayons, spare checking pencils, surplus glue sticks, too many extra rulers that you will never use? Drop them into the uniform shop on Monday morning with Toni. We will make them into packs for students that need them. We are looking for: satchels, windups, coloured pencils, lead pencils, checking pencils, erasers, scrapbooks, textas, oil pastels, rulers, art smocks - anything at all really!

Thanks in advance from The Sustainability Committee (we love to re-use - better for the environment and the hip pocket!).

PS: Planting time in Geraldton is coming so keep your eyes and ears open for when it is time to start work in our garden in the sustainability hub - we will send out a note with the date next term.

insights



Getting the screentime balance right

by Martine Oglethorpe



I am always getting asked, 'How much screentime should I allow my child?'

Here's the thing. I don't believe there is a magic number of hours a child should be 'allowed' or 'not allowed' screentime. There are many other more pertinent questions we should be asking about our kids' screentime, aside from simply 'how much?'.

What are they doing on the screens? Are they safe? Are they engaging in positive interactions? Is their self-esteem intact, or are they comparing themselves to everyone else online who is (in their mind) smarter, prettier, skinnier or has more friends? Are they creating things or merely consuming? Are they in control? Are they able to put away a device without a tantrum?

These are just some of the things we should be looking at when it comes to our kids' use of their screens.

Which is not to say that the amount of time spent on screens is irrelevant. It is still valid to be concerned about how much time screens are consuming of your children's days.

To help alleviate some of the concerns you may have, and to put some strategies in place, here are two things you can focus on when it comes to your kids and screentime.

1. Look at the individual child

How is your particular child coping? Each child is different. A boundary that works for one child may not work for another. Is your child in control of their screen use? Are they coming to the dinner table without a fight? Are they sleeping, eating, keeping up with friends?

Conversely, are they showing signs of not being in control? If so then you may have to look at better ways to manage their time. Discuss the issue with your child and explain why they need better balance. Not because the technology is bad per se, but because they need to ensure there is enough time left in their day for all the other activities that are needed for their growth, development and wellbeing.



2. Are all of their other needs being met?

Are they getting enough:

Sleep time: It's super important that kids are getting a good night's sleep. Keeping devices out of the bedroom when they are young, and avoiding the screens for at least an hour before bed, helps ensure their sleep needs are met.

Bored time: Today's kids don't tend to get as much time to be bored as kids used to. It is an important skill to be able to fill in their time themselves. Bored time promotes creative play and thinking as kids are forced to come up with other ways to amuse themselves.

Connection time: Face-to-face interaction is obviously crucial for children's social and emotional development and wellbeing. Time with friends, siblings and family members must always be a priority. Learning to engage, problem solve and read body language and facial expressions are all crucial skills that need real-life time and experience to develop.

Active time: A healthy body and mind requires activity and movement. Kids still love to get out and play. However, some may need a bit more encouragement to remind them.

Downtime: Whilst playing games may be described by many kids as their downtime (and yes, there is some validity to this argument) kids also need downtime that involves doing very little. It is in these moments of reflection, of thinking and of pondering, that our ideas come to us and our creativity for other activities flows.

Focus time: There are times of the day when all of us need to be focused on other tasks. These may be homework, chores, reading a book or the newspaper, building something or making something. There needs to be time in kids' days where they are able to focus solely on a task without the distractions of a screen.

Mealttime: Getting plenty of good food is of course very important to kids' wellbeing. But it's not just about the food. Sitting at the table with parents, siblings or others, focusing on enjoying a meal together without the need of a screen, helps children to develop good habits while they are young which they can carry into the future.

Obviously there will be times when all these needs are not completely balanced. There will be periods when screens are used more often and times when one or more valuable needs is neglected. But if we can use this as a guide and aim to fit the many key experiences our kids need into each day, we are much more likely to ensure our kids grow up with a healthy respect for their screens and a healthy respect for the many areas of their life that need to be nurtured.



Martine Oglethorpe

Martine Oglethorpe is a speaker, counsellor and educator with a passion for building resilient kids in a digital world. Martine is available for student workshops focused on positive online behaviours, for teacher professional development on how the digital world affects what happens in the classroom and for corporate and parent information sessions. For more information head to her website themodernparent.net. Contact details: info@martineoglethorpe.com.au, themodernparent.net, facebook.com/themodernparent

REMINDERS

- **Uniform Shop** is open every Monday 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** — please place correct money with orders as change is not available
- **Term 2** — students commence Tuesday 1st May

COMMUNITY NEWS

RANGEWAY DENTAL CLINIC

The clinic will be open during the April school holidays for emergency treatment only. The clinic will be closed on Wednesday 25th April for ANZAC day. During this closure, if urgent treatment is required please contact a private dentist or attend the hospital.

CITY OF GREATER Geraldton School Holiday Program

The School Holiday Program for Autumn 2018 can be downloaded in both PDF and JPG versions from https://www.dropbox.com/sh/hkmc4347i5Oivrv/AACLeOu_DnkR2qGjEbrKu_yLa?dl=0

ATLAS SPINOUT 2018 — WHEELCHAIR BASKETBALL

Discover how much fun you can have, bring a group of friends or just yourself Wednesday 11th or 18th April 6pm start at the GABA. Wheelchair basketball season officially commences on 2nd May.

For further information contact [Adrain Bartlett@sportshouse.net.au](mailto:Adrain.Bartlett@sportshouse.net.au) or ccollett@outlook.com.

GERALDTON HOCKEY ASSOCIATION

Players wanted Years 1 & 2—Half Field Team. Games played Saturday's 11:30am. Commences 12th May, contact mw.hockey@sportshouse.net.au or **0429 528 794**.

WA MUSEUM SCHOOL HOLIDAY PROGRAM

Pirate themed holiday program 13th to 29th April. Visit the Museum at Batavia Coast Marina, phone **9431 8393** or online at museum.wa.gov.au for further information.

AQUARENA SWIM SCHOOL CLASSES TERM 2

Our temperature controlled pools will help your child improve their swimming ability throughout Term 2. Variety of lessons available, open 7 days, Geraldton Aquarena, phone 9956 6906, email: Aquarena@cgg.wa.gov.au or visit <https://www.cgg.wa.gov.au/aquarena/home.aspx>

BEYOND PRIMARY

Interested in secondary school options for your child? Then Beyond Primary is for you—parents of children currently in Years 4—6. Tuesday 15th May @ 7pm, Strathalbyn Christian College **9938 9100**.

KNIGHTS OF THE KING

Geraldton Anglican Cathedral 23, 24, 26 & 27 April. 9:00am—12noon, \$20 per child, Ages K—Yr 6. Contact Eion Simmons **0408 951 415** or email: eion.simmons@gmail.com

WILLETTON SENIOR HIGH SCHOOL SPECIALISED BASKETBALL PROGRAM

Western Australia's highest ranked basketball school is currently accepting applications for their 2019 student intake.

For further information please visit the website:

<https://www.willetttonshs.wa.edu.au/our-curriculum/specialist-programs/specialist-basketball/>

Application for Year 7, 2019 close Friday May 11

Application for Years 8 - 11, 2019 close Friday June 8

CSBP COUNTRY FOOTBALL CAMPS—MIDWEST

Geraldton — Monday 16 and Tuesday 17 April, Railways Football Club

Dongara — Wednesday 18 and Thursday 19 April, Irwin Recreation Centre

\$100 for 2 days

10am—1pm daily

7—11yrs, 12—16 years

Online Registrations at www.winningedgeacademy.com.au

TENNIS & MULTI-SPORT HOLIDAY CLINIC

Monday 16th—Friday 20th April, classes for all ages, half and full day classes available.

Register online at www.bataviatennis.com.au

GERALDTON NETBALL ASSOCIATION NETSETGO

NetSetGo 6 week program for players 5—7 years at Geraldton Netball Association, Eighth Street, Wonthella.

24th May to 28th June on Thursdays from 4 to 5pm, cost \$75 per player. Register by email: gna@westnet.com.au and make payment to BSB: 633000, Account: 151037991 (Bendigo Bank). Once payment has been received a link will be forwarded to you to complete registration. Capped at 40 players.

For further information please email or phone **9964 2752**.



Come along to **Food Sensations** for a **FREE** hands-on nutrition and cooking experience.

Over 4 weekly sessions, you will learn about a variety of nutrition topics and learn to cook some easy, tasty recipes.

HEALTHY EATING

MEAL PLANNING AND BUDGETING

**4
CORE
TOPICS**

LABEL READING AND FOOD SELECTION

FOOD SAFETY, PREPARATION & COOKING

SESSIONS:

LOCATION:

Child & Parent Centre - Rangeway on Hovea Street, Rangeway WA

DATES & TIMES:

9:15am to 11:15am

- Tuesday 8th May
- Tuesday 15th May
- Tuesday 22nd May
- Tuesday 29th May

Free crèche available with bookings



Food Sensations for Adults is funded by the Department of Health.

To make a booking, email rangeway@ngala.com.au or call 9921 6814



Mount Tarcoola Primary School Have 'A' Snack Lunchbar Winter Menu Term 2 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 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
- *Hot Chicken/Mayo Rolls \$4.50
- Apple & Custard Crumble \$2.00
- Yoghurt \$2.00
- Hot Milo \$2.00
- Hot Soup & Bun \$2.50

White bread available on request.

*** Is a Halal product**

*** Steggles Chicken and Nuggets are used.**

