



# Mount Tarcoola Primary School



School Motto  
"Reliability"

## Newsletter

Term 2 Week 2 2018 No: 6

### CONTACT DETAILS

#### Principal:

Paul Luxton

#### Deputy Principals:

Shane Rutter

Marlene Bevan

#### Manager Corporate Services:

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

### UPCOMING EVENTS

**Monday 14th – Friday 25th May**  
NAPLAN

P&C Meeting 7:00pm—Staffroom

**Wednesday 16th May**

Geraldton Buccaneers Visit

Ramadan commences

**Friday 18th May**

Football & Netball Lightning Carnival

Walk to School Day

**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

**Monday 28th May**

Football West visiting

**Monday 4th June**

WA Day — Public Holiday

**Tuesday 5th June**

Football West visiting

**Monday 11th June**

Football West visiting

### 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

A warm welcome back to every one for term 2. It is great to see all the students back and to hear their wonderful holiday stories. We were certainly blessed with some fantastic weather and it sounds like many took the opportunity to make the most of it. This term is only nine weeks long and will finish on Friday the 29<sup>th</sup> of June. We also have a public holiday on Monday the 4<sup>th</sup> of June to celebrate WA Day.

#### Staffing News

We have had to make changes to our staffing profile in the last week of the holidays which has meant some changes to support staff teaching roles. Mr Justin Harwood has won a secondment to the Geraldton Camp School as the Acting Manager for terms two and three and possibly term four as well. Congratulations to Mr Harwood, he will have a challenging time in his new role and we wish him all the best. Mrs Jane Clarke will take all of Mr Harwood's Phys Ed role as well as his Science classes. Mrs Clarke will continue in her role as the Year 3 LOTE teacher. Mrs June Briggs will pick up Mrs Clarke's Health classes in the Junior Primary. There may be some other changes to teaching staff across the term due to leave requirements and other special projects, parents will be informed of these as they occur.

#### Cool Weather

We have experienced a cool start to Term 2 and this has seen many children wearing jumpers and jackets to school. During the course of the day as it warms up these items of clothing are often taken off. Already we have seen several children lose or misplace their jumpers. It is important that all clothing is clearly labelled with children's names. It would also be appreciated if parents could regularly check their children's clothing to make sure that they have bought their own back home again!

#### NAPLAN Online

This year our Year 3 and Year 5 students will be completing the annual National Assessment 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. NAPLAN will be completed over Weeks 3 and 4 of this term.

#### Minor Works

Over the holiday break we had a number of minor works projects completed. The painting of the majority of external classroom doors as well as several different parts of the outside infrastructure was completed. The South East corner of the ECE yard fence was upgraded. The long jump sandpit was lined with limestone and the grass along that area to the playground has been replaced, hopefully fully ready for the athletics carnival next term.

*Continued next page*

### Walk to School Safely

National Walk Safely To School Day (WSTSD) is on Friday the 18<sup>th</sup> of May. All primary school children and their parents and caregivers are encouraged to walk to school on this day. It is a community event seeking to promote Road Safety, Health, Public Transport and the Environment. More information can be found at [www.walk.com.au](http://www.walk.com.au)

### School Banking

A reminder to all parents that school banking is on again; but on a new day, before school on Wednesday the 16<sup>th</sup> of May (Week 3) and then again on the 30<sup>th</sup> May, 13<sup>th</sup> June and the 27<sup>th</sup> of June, basically every second week. If you want to open an account bring your driver's 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 banking at Mount Tarcoola is located next to the Sustainability Hub outside Room 9.

### Annual School Report

The 2017 Annual School Report has been completed and is available upon request from the front office or can be accessed via our departmental website. The report contains information about the 2017 year. It includes highlights as well as information regarding performance against our targets and financial information. This report has been endorsed for publication by the School Council. [https://www.det.wa.edu.au/schoolsonline/annual\\_report.do?schoolID=5608&pageID=AD08](https://www.det.wa.edu.au/schoolsonline/annual_report.do?schoolID=5608&pageID=AD08)

Principal

Paul Luxton

### STUDENT UPDATE FORMS

Early in Term 1 Student Update Forms were sent home for all students and were requested to be returned whether changes needed to be made or not. These forms enable the school to keep our student data up to date regarding addresses, phone numbers, medical details etc. Thank you to parents and/or guardians who have returned these. We still have quite a few outstanding, therefore if you know or think you have not returned them please do so ASAP or contact the office to enquire about a new form.

### CHAPLAIN'S CHAT

My name is Jenny Seaby and this is my third year here as school chaplain. I am here each Wednesday and Thursday to provide a listening ear for students, staff and families. I'm more than happy for you to have a chat with me if you have concerns about your child.

Please contact me via the school office.

Some thoughts about Mount Tarcoola Primary Schools " Four Be's."

#### Be Reliable

If you are reliable people trust you and feel they can count on you.

A reliable person will get and keep friends much easier than someone who is unreliable.

The benefits of being reliable include better personal relationships, and increased self-esteem.

*Ron Kurtus - School for Champions*

### REMINDER – CONTRIBUTIONS AND CHARGES 2018

Thank you to parents and guardians who have paid Contributions and P&C for 2018. Parents have the opportunity to pay Contributions and P&C by Direct Deposit into the school's bank account—details will be on the bottom of the advice sheet sent home in Term 1. 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.

### 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 stationery are available from the canteen daily.
- **Bookclub** — 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.
- Bookclub—the last day for your order for Bookclub is Tuesday 15th May..

## 6 POSITIVE WAYS TO RESPOND TO YOUR ANXIOUS CHILD BY DR JODI RICHARDSON

When our kids feel anxious they come to us for help. Help to stop the worrying thoughts spinning around their head, help to get rid of the feeling of dread that wells up inside their tummy and help to feel safe, calm and happy. We want so much to be able to do that for them. They turn to us because they know how much we love them, and they trust us (all knowing beings) to do and say all the 'right' things. But what are the right things to do and say? While there's no such thing as the perfect script for parenting anxious kids there are things we can do to make a powerful difference to how they feel. These ideas will help you to help your kids feel understood, valued and empowered to manage their anxiety.

### 1. Empathy first, always

When they're feeling anxious, the very first thing kids need to know is that we get it. That we understand how they feel. When we show empathy, anxious kids feel validated. Different to sympathy, where they know you *care* about their suffering, empathy shows you *feel* their suffering, that you know what it feels like to experience fear, anxiety and worry. If you stay calm, cool as a cucumber, not showing any emotion, this is actually a sign to anxious kids that you don't get it. This can lead to them turning up the dial on their emotions and behaviour so you eventually *do* get it. You don't have to agree with their reaction or what they're saying, but a powerful first response to anxiety is to validate how they're feeling.

### 2. The antidote to mental time travel

When kids start thinking about the 'if onlys' and 'what ifs' they're engaging in something us humans are all too good at. Mental time travel. And usually not in a good way. Helping bring their attention to the present moment using mindfulness can help down-regulate their emotional response. A really effective way to do this is to help your child, no matter what age, tune into their senses. Ask them to name 5 things they can see, 4 things they can hear, 3 things they can touch and so on. Bringing their attention back to the here and now is an incredibly powerful thing to do when anxiety shows up.

### 3. Press the button

Anxious thinking can have our kids endlessly ruminating over thoughts and fears. As we teach them to tune into what they're thinking, we can teach them that they don't have to believe everything they think. Thoughts are just a bunch of words, like the ones on this page. It's how we tie to their thoughts that hurts them. A fun way of helping younger kids see their thoughts for what they are is the 'Press the button' technique. I use this with our 7 year old. Let's say she's thinking "A scary clown is going to chase me" in her dream when she falls asleep. That's her thought. Now it's time to press the button. The 'button' is actually my nose. And when she presses it I say her thought in the most ridiculous voice I can muster. She laughs her head off. Then she does the same. I press her nose and she repeats the thought in an even sillier voice! We both crack up laughing. We keep going back and forth using silly voices. It takes all the sting out of the thought, and helps remind her that it's just a thought, not a fact.

### 4. Ahhhh Statements

Ahhh statements are a brilliant way to validate how your child is feeling and to remind them that their thoughts are not facts. Repeating back what you're hearing about how they're feeling shows you're listening and trying to understand. It's also a great way to help your child's develop a more nuanced emotional vocabulary. "Ahhh, you're feeling anxious right now..." "Ahhh, you're having one of those 'I might mess it up' ideas..." "Ahhh, you're feeling disappointed that didn't work out for you..."

### 5. Thought bubbles

Helping our kids to notice their thinking is such an important skill. We all have this kind of mental chatter constantly going on in our minds. When our kids are caught up in a thought it can be extremely worrying and anxiety provoking. A bit like getting swept down a river. But when we can get our kids 'out of the river' and start 'watching from the riverbank', it's far easier for them to see their thoughts for what they are. You can ask younger kids what their 'thought bubble' is saying, and liken it to what they see when they read a comic. You can ask older kids to start paying attention to the thoughts that come and go in their minds. This really helps kids get some distance between themselves and their thinking.

### 6. Is it helpful? Related Resources

Let's say your child comes home and tells you "I'm terrible at maths". Instead of trying to dispute this by saying "of course you're not", "you're being too hard on yourself", "remember last year when you won the 'mathematician of the month' award", try asking your child if what he/she said is helpful. It's a simple but powerful question. They'll say "no" which opens up a conversation to discuss what would be helpful. Maybe more support, perhaps a chat with the teacher, more time spent practicing or possibly even a tutor. It will help your child calm down and develop a growth mindset, with an understanding that ability isn't fixed, and that effort and persistence will move them forward, no matter how stuck they feel.

## ANZAC DAY SPEECH – 11TH APRIL 2018

At the Anzac Assembly, Mr Chris Cox delivered the following speech to the students and staff at Mount Tarcoola Primary School.

Teachers, staff, students, parents, friends and guests it's an honour to again be invited to provide the Anzac Day address at the Mt Tarcoola Primary School. I very much look forward to this honour each year, as students you are extremely lucky to have such dedicated teachers who genuinely care and take the time to put together such a memorable service. I attend several school services at this time of the year and have to say nobody does it better than Mt Tarcoola. I believe it very important that this day and your school tradition to honour and respect this day is maintained well after the centenary is past.

This year will be 103 years since troops landed on the beaches of Gallipoli and the Anzac legend was born. ANZAC, ... now that's an unusual word, originally it was not a word of course, it was a set of initials which stood for the Australian and New Zealand Army Corps, in 1915 those men stood together with others from Britain, India, France were sent to fight on part of Turkey known as the Gallipoli Peninsula. It was because of the way the Australian and New Zealand troops fought and faced the hardships and dangers that confronted them that the initials became a word, a word which today has become respected throughout the world.

Their actions forged what we know as the ANZAC spirit, and that spirit has been the driving force behind all Australian service men and women ever since.

There are currently more than 3500 service men and women serving in the ADF in many overseas operations to protect Australia and its national interests.

In meeting these everyday challenges the ADF men and women embrace the ANZAC spirit. It is part of us, especially those who wear the uniform.

But what does the Anzac spirit mean, and what should it mean to you? I believe it is a short word for a number of qualities which all of us can use in our everyday lives.

The Anzac spirit represents a sense of resourcefulness and determination. The original Anzacs knew what they had to do, they knew the dangers and difficulties but they did what they had to do and did not let the difficulties stop them from obeying their orders. It is true that the landing on Gallipoli did not achieve what was hoped for, but the soldiers stayed on and fought until their leaders decided it was time to leave.

You can apply this thinking to your everyday lives. You know what work you have to do at school. And what jobs you're expected to do at home and as difficult as some of these tasks may seem remember the Anzac spirit and push through the difficulties and accomplish your tasks.

Secondly, the ANZAC spirit represents an acceptance of responsibility. This is another quality you should apply in your everyday lives. Take responsibility for everything you do. It is easy to say 'I did that' or 'that's my work' when everything goes right. We all know that sometimes things do not go right. Sometimes you do something which is against the wishes of your parents and teachers. Remember the ANZAC spirit and take responsibility for what you are doing.

The ANZAC spirit also includes a sense of compassion (i.e. being kind and considerate). This has been summed up in the Australian experience as mateship. This means to watch out for your mate, help him or her at all times and don't poke fun at other people at school because they may have had some misfortune, or come from a different part of the world.

So these three very simple things are what we mean when we talk about the ANZAC spirit. Another word you can apply to this same spirit is unselfishness.

Now, I like every other person hopes that Australia will never be involved in another war—and that you will never be called upon to experience such a terrible thing. But you should use these things I have talked about—a sense of purpose; acceptance of responsibility and unselfishness, not only while you are at school but whatever you do in your lives. If you do this you will be keeping the faith with those who put the word ANZAC into our language and you will be helping to make sure that the ANZAC spirit is always part of the life in Australia.

Thank you.

*They went with songs to the battle, they were young,  
Straight of limb, true of eyes, steady and aglow,  
They were staunch to the end against odds uncounted,  
They fell with their faces to the foe.*

***They shall grow not old, as we that are left grow old:  
Age shall not weary them, nor the years condemn.  
At the going down of the sun and in the morning,  
We will remember them.***



Department of  
Education

For parents of children  
aged 8 to 12 years old

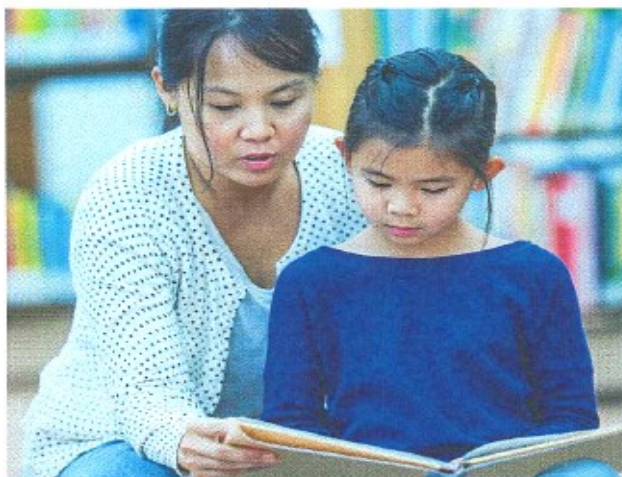
# Never STOP READING!

## Building a love of reading

Reading is a skill that is learnt, and needs to be practised. As a parent, you can support your child by helping them read at home.

Here are some great ideas for reading at home as a family.

- Have a special place at home to keep books and other reading materials.
- Encourage your child to choose what they would like to read. Be positive about their choices.
- Let your child see you reading - for enjoyment and to learn.
- Share your reading choices with your child and tell them why you have chosen a particular book or article; what you are reading and what it is making you think about.
- Encourage your child to set aside a regular time for reading each day. Model this yourself so your child sees you as a reader.
- Be interested in what your child is reading, and ask them to recommend books for you to read.
- Visit the local library regularly so your child can browse the huge range of reading materials, and ask the librarian for recommendations.
- Encourage your child to find things to read about their favourite topics. Explore together different formats such as audio books and graphic novels.
- Try out books in a series. If your child gets 'hooked' by the first book, they are more likely to continue reading the series.
- Monitor access to a computer or device, either at home or in the local library so that your child can use the internet.
- Buy books as gifts.
- Swap and share books with family and friends.
- Ask others about what they are reading.



### Support what is happening at school

Your children will be reading lots of things at school. Here's how you can tap into what is happening at school.

- Go to class meetings offered by the teacher so you know what the children are learning in different learning areas.
- Talk with the teacher individually about what you can do to help your child.
- Ask your child about the book they have taken out of the school library, for example "Why did you choose that book?" and "Is it what you thought it was going to be?"
- Show an interest in work your child may do at home on projects or research.

## COMMUNITY NEWS

### CHILD AND PARENT CENTRE - RANGEWAY

**Drop in playgroup** starts again this Friday! At the Child and Parent Centre -Rangeway, 9am to 10.30am, free of charge. For children aged 0 to 4 and their families. No bookings necessary.

**Breastfeeding counsellor** now available on Thursday mornings. At the Child and Parent Centre -Rangeway, call 9921 6814 or email [rangeway@ngala.com.au](mailto:rangeway@ngala.com.au) to make a booking.

**Family Fun Day** for National Families Week. Saturday 19 May 2018 at Beachlands Primary School, 10am to 1pm for children aged 0 to 5 and their families. No bookings necessary.

**Food Sensations** for adults. Begins 15 May at the Child and Parent Centre - Rangeway. 9.15am to 11.30am at the Child and Parent Centre -Rangeway, free crèche available. Call 9921 6814 or email [rangeway@ngala.com.au](mailto:rangeway@ngala.com.au) to make a booking.



# ROAD MAP TO MY EMOTIONS

Workshops for children which help them:



Notice their warning signs



Think about solutions



Navigate life's speed bumps

### Program start dates

7 to 9 year olds Tuesday 22 May 2018 3.30pm - 4.30pm

10 to 12 year olds Thursday 24 May 2018 3.30pm - 4.30pm

*Each program runs for 5 weeks.*

*These dates may be subject to change depending on demand.*

Cost \$25

Please call (08) 9921 1433 to register your attendance

\*A 1 hour parent information session about the program will be run on:

Monday 14 May 5.30pm-6:30pm

OR

Wednesday 16 May 2018 5.30pm-6:30pm



## For Others For Life

### Join us in Year 7 2020

Applications due by Wednesday 27 June 2018

Application for Enrolment Forms are available from the Front Office and the College website

#### Information Evening

#### Thursday 19 July 5:00pm College Gymnasium

For a College tour please visit [www.ncc.wa.edu.au](http://www.ncc.wa.edu.au) to book

Please see the website for further information or email [enrolments@ncc.wa.edu.au](mailto:enrolments@ncc.wa.edu.au)

# Before School Tennis



[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)


## 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 • FRFF AN7 Tennis Hit Shots T-shirt upon registration

### MT TARCOOLA PRIMARY SCHOOL

- Commencing - Thursday 10 May
- 7:45 am - 8:50 am
- \$122.00 for 8 weeks OR pay per lesson
- Mt Tarcoola Primary School
- Register online [www.bataviatennis.com.au](http://www.bataviatennis.com.au)



## Understanding Child & Adolescent Mental Health Workshop

Date: Wednesday 13 June

Venue: WA Centre for Rural Health, 167 Fitzgerald Street, Geraldton

Adverse Mental Health begins in childhood and adolescence. The Australian National Survey shows 35% of young persons in schools have a diagnosable mental health disorder or sub-threshold symptoms! This has a significant negative impact on educational achievement, social and health outcomes throughout schooling. In this workshop, we will discuss the National Survey data and NAPLAN results to:

- Recognise and understand mental health disorders in children and adolescents
- Raise awareness of mental health disorders and their impact in the classroom and at home
- Discuss strategies to manage mental health disorders in the classroom and at home.

### Parent and community session

12:30pm to 2:30pm

### School staff session

5pm to 7pm

Sessions are FREE and light refreshments will be provided.

RSVP: 9956 0200 or  
admin-wacrh@uwa.edu.au



Professor Stephen Houghton is a registered psychologist and Director of the Centre for Child & Adolescent Related Disorders at the University of Western Australia. His research focuses on child and adolescent developmental psychopathology and mental health promotion.



Previously a school teacher, Professor Vaillie Dawson teaches preservice science education and conducts classroom-based research on decision-making and critical thinking, particularly in under-performing schools. She has conducted teacher PD throughout WA.



Dr David Lawrence is a Principal Research Fellow in the Graduate School of Education, The University of Western Australia. He led Young Minds Matter: The Second Australian Child and Adolescent Survey of Mental Health and Wellbeing.

## PARENT PLANNER TERM 2 2018

WEEK	Monday	Tuesday	Wednesday	Thursday	Friday
1	30 SDD	1 <b>MAY</b> Students commence Term 2	2	3	4
2	7	8 Parent Newsletter	9 Dental Screening check – Years 3, 6 & Pre-primary	10 Before School Tennis 7:45 - 8:30am	11
3	14	15	16	17	18
	<b>NAPLAN WEEK</b>				
	Lunch time Faction Footy & Netball  P&C Meeting 7:00pm—Staffroom	Lunch time Faction Footy & Netball	Lunch time Faction Footy & Netball  Geraldton Buccaneers Visit Ramadan commences	Before School Tennis 7:45 - 8:30am	Football & Netball Lightning Carnival
4	21	22	23	24	25
	<b>NAPLAN WEEK</b>				
	Lunch time Faction Footy & Netball	Lunch time Faction Footy & Netball  Parent Newsletter	Lunch time Faction Footy & Netball  Simultaneous Story time "Hickory Dickory Dash"	Before School Tennis 7:45 - 8:30am	Rooms 14 and 17 Assembly  Year 6 Cake Stall
5	28 Lunch time Faction Footy & Netball  Football West visiting  Clontarf Football 2-3pm	29 Lunch time Faction Footy & Netball	30 Lunch time Faction Footy & Netball	31 Before School Tennis 7:45 - 8:30am	1 <b>JUN</b>
6	4 <b>WESTERN AUSTRALIA DAY</b>	5 Lunch time Faction Footy & Netball  Football West visiting  Parent Newsletter	6 Lunch time Faction Footy & Netball	7 Lunch time Faction Footy & Netball  Before School Tennis 7:45 - 8:30am	8
7	11 Football West visiting  Clontarf Football 2-3pm	12	13 Young Writers	14 Ramadan finishes (evening) Before School Tennis 7:45 - 8:30am	15 NAIDOC Week - Sean Choolburra Incursion
8	18	19 Parent Newsletter	20	21 Before School Tennis 7:45 - 8:30am	22
9	25 Football West visiting	26	27	28 Before School Tennis 7:45 - 8:30am	29 Rooms 1 and 3 Assembly  Year 6 Cake stall  Last day of Term 2