CONTACT DETAILS
Principal: Mark Whisson
Deputy Principals: Shane Rutter, Bridget O’Neill, Marlene Bevan
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
Wednesday 24th September
Parent Open Day

Friday 26th September
Parent Assembly — Rooms 14 & 6
Year 7 Challenge Day
Last day of Term

Tuesday 14th October
Students commence Term 4

Tuesday 21st October
Parent Newsletter

Friday 24th October
Parent Assembly Rooms 4 & 9
Year 7 Cake Stall
Annual Arts Showcase
PEAC Sci-Tech Excursion

Monday 27th October—Friday 7th November
Pre-primary to Year 1 Interm Swimming Lessons

Friday 31st October
Possible P&C Disco

Tuesday 4th November
Parent Newsletter

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:
We can often travel along taking everything for granted, particularly in relation to how we are going as a school. In the grand scheme of things we don’t have many issues to deal with at our school and little things may attract much more attention than they deserve. Two events last week brought home just how fortunate we are as a school.

Last Thursday Mount Tarcoola Primary School competed in the Inter-School Athletics Carnival. We won the carnival convincingly. Seven schools competed and the school that came second scored just over 200 points. We scored in the region of 630 points.

There were three divisions, junior, middle and senior, and boy and girl champions and runners up in each division. Twelve medals were awarded. Of these, our students won nine. This was an outstanding achievement. Admittedly we are the biggest primary school in Geraldton but this doesn’t account for all the difference. Our staff were prepared to give up their time to train our students before school, during recess and during lunchtime in all the team games, the flag races and the baton relays. Our students were also prepared to give up their time to participate in the training sessions. The results were there for everyone to see. The difference in speed and skill levels was obvious to the spectators. This was another example of the commitment our staff and students have to their school and they deserve our congratulations. A list of medal winners can be found in this newsletter.

Last Friday our Year 6 students participated in their “Challenge Day” at the Geraldton Camp School. The Challenge Day is a reward for consistent good behaviour throughout the term - students have to earn the right to participate. Towards the end of the day, the manager of the camp school telephoned me to say the demeanour and behaviour of our students was outstanding. She also said that the contribution of our teachers and parent helpers to the running of the day was outstanding. This was another affirmation of how our school is perceived by others and I thank our students, staff and parent helpers for the contribution they are making to our school.

It seems that others at school are catching the “gardening bug” (so to speak). Mrs Blanke’s class in Room 13 have received a donation of an above ground garden bed (from Mr Blanke) and the class is about to go about planting. Mrs Blanke tells me they will probably plant vegetables but at this stage she is not absolutely certain. Our gardener Ken has reticulated the ATAS garden which now has Kangaroo paws and other plants as well as the poppies. We will place the concept plans for the shade house/enclosure near Rooms 9 and 11 and on our Facebook page and we invite parents to comment on the design. Our teachers are using the various gardens to enhance their teaching and learning programs which is great to see.

We have a student assembly this coming Thursday and I would remind parents that we have a Parent Assembly presented by Mrs Delicata and Mrs Bannister’s classes this Friday.

For those of you fortunate enough to have holidays during the up-coming vacation period, I trust that you will have an enjoyable and relaxing time and I look forward to catching up with you all next term.

MARK WHISSON
PRINCIPAL
2ND HAND UNIFORMS
Our 2nd hand uniform shop is run by P&C volunteers and is open each Monday during Terms from 8:30am—9:00am in the Assembly Hall.

P&C BUNNINGS SAUSAGE SIZZLE
Well done to the Canteen team for running another successful Sausage sizzle at Bunnings on Saturday 20th September 2014. A big thank you to our helpers: Jodie Rodgers, Marilyn Rodgers, Toni Noble, Mel Lewis for all their efforts. We raised $922.00. Well done Ladies!!

CONGRATULATIONS

to the following students who were awarded Certificates of Merit at the Parent Assembly on Friday 12th September 2014.

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<th>Room 1</th>
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<td>Samuel Sheilds, Bayley Hemmett, Jarman Maher</td>
<td>Dylan Serafini, Aminah Azman</td>
<td>Reza Mazlan, Mackenzie Lewis, Griffen Shane</td>
<td>Tyreece Magridge, Vinod Premaratne</td>
<td>Jake Chapman, Achaius Hall, Mathew Ford</td>
<td>Kaleb Burns, Elliot Beat, Regan Shane</td>
<td>Rocco Hallgarth, Shakeera Benson, Darci Pinkney</td>
<td>April Pusey, Tyler Croswell, Angus Reader</td>
<td>Bobby Gregson</td>
<td>Mark Antonio, Lincoln Roberts</td>
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Aussie of the Month

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<th>Junior Student</th>
<th>Senior Student</th>
<th>Principal's Reliability Award</th>
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<tr>
<td>Dean Caulfield</td>
<td>Bree Rennison</td>
<td>Natasha Archer</td>
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Junior Student
Dean is a friendly, courteous class member who always considers and includes others. He is self-motivated and committed to produce his best effort at all times.

Senior Student
Everyday Bree puts 100% effort in and she always drops what she is doing to help either staff or a student that may need assistance.

Principal's Reliability Award

Junior Student
Natasha is a friendly, co-operative student who can be relied on to do the right thing. Her effort is always excellent and she always helps her peers.

Middle Student
Georgia is an incredibly reliable student. She works conscientiously at all times, applying herself to set tasks quickly and quietly. Her positive attitude towards her learning is displayed by her presentation of work—always exceptionally neat and of a high standard.

Senior Student
Scott, for the way in which he helped organise and collect classes throughout photo day. Scott, you did an amazing job and even at the end of the day you were still wearing your beaming, welcoming smile.

LIBRARY PRIZE BOX

The Library Prize Box is awarded to the class that has returned their books and remembered to bring their library satchels or bags. Each year we lose a significant number of books due to water damage from leaking water bottles, drinks and food spillage. To encourage students to use a satchel, the Library Prize Box is awarded to the class with the highest percentage of book returns and bags over the preceding weeks. The Prize Box contains a variety of books and games that are not generally available for borrowing in the library and is available for the winning class to enjoy until the next assembly.

The winning class for the last assembly with a score of 97.75% was Room 14. Well done Mrs Delicata and Room 14 students.

ACT-BELONG-COMMIT NOMINATION

Our Fantastic Early Childhood Unit was nominated for an award at the ACT- BELONG -COMMIT 2014 awards. Unfortunately they did not make the finals. We applaud the on going commitment all Staff at our Early childhood have towards their students and families and for the work they do to make sure good mental health messages are spread to the whole school community. We are very proud for all the great work they do.
STUDENTS LEAVING MOUNT TARCOOLA PS IN 2014

We are now in the process of planning for 2015 and request parents to advise us of students who will be leaving our school at the end of 2014.

If your child is leaving please complete the slip below and return it to the school office ASAP.

STUDENTS LEAVING MOUNT TARCOOLA PS IN 2014

My child/ren ____________________________________________ will not be returning to Mount Tarcoola in 2015.

Current Year/s: __________________ Room Number/s: __________________

Date Leaving: _______________ Destination School: ___________________________

Parent’s Name __________________________ Signature: ________________________

WHO’S WHO IN OUR COMMUNITY?

Mr Shane Edwards AIEO interviewed by ATAS students

What’s your favourite ice-cream? Chocolate of course.

How many children do you have? Two, a handsome boy and a beautiful girl.

What’s your favourite thing about being a teacher? Hanging out with the ATAS kids.

What’s your favourite food? Seafood and Kangaroo tails.

How long have you been teaching? More than eight years.

What’s your least favourite thing about teaching? Being cooped up in the classroom on really hot days.

What is your favourite color? Blue.

What is your favourite sport besides footy? Is there another sport? Oh yes I like hockey too.

What’s your favourite takeaway? The Noodle King

Where did you first teach? Hannan’s Primary School Kalgoorlie

Where did you grow up? I was born in Subiaco and grew up in Kalgoorlie.

MEDAL WINNERS - INTERSCHOOL CARNIVAL

Junior Boy Champion - Digby Gallop R/U Jnr Boy Champion - Jake Hagan
Intermediate Girl Champion - Fina Dethlefsen R/U Inter Girl Champion - Georgia Ross
Intermediate Boy Champion - Jed Hagan R/U Inter Boy Champion - Judd McVee
Senior Girl Champion - Tess Hagan R/U Senior Girl Champion - Phoebe Jackson
R/U Senior Boy Champion - Dahkoa Clark

INTERSCHOOL CROSS COUNTRY PLACINGS

Intermediate Girls: 2nd Mica Hallgarth 4th Kaitlyn Bishop
Intermediate Boys: 1st Jed Hagan
Senior Girl: 1st Tess Hagan
Mount Tarcoola 2nd - 242 points

EMAIL ADDRESSES

We are endeavouring to compile a list of email addresses for all families belonging to our school. Volunteers from the P & C will enter the addresses onto a database which we can then use for communicating with parents and carers. Please fill out the tear-off strip below and return to your child’s teacher.

EMAIL ADDRESS

STUDENT NAME: ___________________________________________ ROOM:______

EMAIL: __________________________________________________________

STUDENTS LEAVING MOUNT TARCOOLA PS IN 2014

We are now in the process of planning for 2015 and request parents to advise us of students who will be leaving our school at the end of 2014.

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Current Year/s: __________________ Room Number/s: __________________

Date Leaving: _______________ Destination School: ___________________________

Parent’s Name __________________________ Signature: ________________________

ATAS GARDEN

The ATAS students have worked very hard designing, planting and looking after our new Garden. We have planted 2000 Poppy seeds, which we hope will be blooming to celebrate the Centenary of ANZAC day. This is very fitting for our ATAS garden as this year NADIOC’s theme celebrated Serving Country: Centenary and Beyond.

Gerald Taylor (Brienah Underwood’s Pop) kindly donated many Kangaroo Paws and a variety of Native Plants. With the help of our gardener Ken, Mr Edwards and all the ATAS students our new ATAS Garden looks great.
What to do when kids catastrophise!

Catastrophising makes kids feel miserable. Worse, they often don't want to do anything because they expect the worst possible outcome.

"If I don't do well in this test my whole year will be messed up!"
Do you have a child who automatically assumes the worst case scenario in any risky or new situations? If so, you have a catastrophiser on your hands. They often imagine the worst, and this can start as early as age 7.

The default mechanism in their thinking always goes to the most negative outcome possible. The results won't just be bad, they'll be catastrophic!

They won't just mess up if they give a talk to their class at school. They'll make total fools of themselves and the whole class will laugh at them, or so they say.

They won't just fall over in a game. They'll break a leg, and up in hospital and miss out on going to school camp, or so they say.

They won't just get a dirty look from their teacher if they arrive late for school. They'll be kept in at lunch-time, miss out on sport and have all the other kids making fun of them if they are late, or so they say.

Catastrophising makes kids feel miserable. Worse, they often don't want to do anything because they expect the worst possible outcome.

So what to do with a catastrophiser?
Your approach will depend to some extent on your child's age.

Under 7s generally don't overtly catastrophise, however even young children can be negative. Make sure you model upbeat, positive thinking as young children take their cues from their parents, particularly the parent they spend most time around.

School-aged children need to be encouraged to keep things in perspective. Challenge your child's propensity to catastrophise.

Here are five ways you can use to challenge your child's catastrophic thinking:

1. "What's the most likely scenario?"
Sometimes it's useful to introduce a dose of old-fashioned rational thinking. "Yes, you could break your leg if you go skiing. But the odds are that you won't."

2. "Does it really matter?" "You may be right, but is it the end of the world as we know it?"
One way of dealing with hard core catastrophisers is to admit that they could be right, but even if they are right and the worst case scenario does happen, the sun will still shine tomorrow. Take kids to the worst possible scenario and they may see it's not so bad.

3. "Where does this fit on the disaster meter?"
Catastrophisers get themselves in a knot about relatively insignificant things. Okay, making a fool out of themselves may not be insignificant to kids, however compared to plenty of other events...well, perspective is a good thing. Help them get some perspective by giving their worry a score out of ten, on how important the issue really is.

4. "That's unhelpful thinking."
Sometimes kids' thinking is so out of whack with reality that they become anxious about minor things. Thinking such as, 'everyone must like me', 'I must never make a mistake' and 'bad things always happen to me' are extreme and need to be replaced by more moderate, realistic thoughts. E.g. "I would be nice if everyone liked me, but not everyone will. It's important to have some good friends."

5. Replace extreme words for feelings with more moderate descriptors: today's kids talk in extremes - awesome, the best and 'gross' roll off their tongues easily these days. Extreme language leads to extreme thinking. So encourage kids to replace "I'm furious" with "I'm annoyed". "It's a disaster" with "It's a pain", "I can't stand it" with "I don't like it". Sounds minor but by changing kids' language you change how they think about events and, more importantly, how they feel.

I suspect that many parents will identify strongly with some of the above.

Yes, we all catastrophise from time to time, particularly when we are under stress. It takes a cool customer to moderate their thinking the whole time. So be mindful of your child's need to jump to the worst from time to time. A bit of reassurance is all that's needed in these one-off scenarios.

But if you, like your child, are a serial catastrophiser, then it will be useful to challenge your unhelpful or extreme thinking when it happens. Not only will you model realistic thinking for your kids, but you will get an insight into what you need to do to change your child's catastrophising.

Published by Michael Grose
Parenting ideas
Presentations. All rights reserved.
For more ideas, support and advice for all your parenting challenges visit: www.parentingideas.com.au
Everyone loves holidays! However, sometimes it's hard to have enough ideas, resources or energy to fill in every moment. We think we have a wonderful solution for children in Geraldton.

Super Impossible Promises is a kids club in the last week of the October holidays at the Geraldton Anglican Cathedral. Aiming at having lots of fun, there will be singing, drama, games and craft. Our theme this holidays “Super Mario”, so expect blue shells, lightning, adventure, question marks, villains and great stories from the Bible.

When: 9:00am-12:00pm, October 8th-10th
Where: 101 Cathedral Avenue, Geraldton
Who: Kinder to year 6
How much: $2 per day (inc craft and morning tea)

REGISTER at www.crosskids.net or call Sam on 9921 30 52 or 0412 147 223
INVITATION TO THE ‘PC CHALLENGE’

Perth College is giving regional students in Years 5 and 6 a new opportunity to experience life as a boarder before moving away from home for their secondary schooling.

Our School invites girls in this age group to take a sneak peek into boarding life during the Australia Day 2015 long weekend. From Friday 23 to Sunday 25 January 2015, girls will live in the Perth College Boarding House and take part in a variety of games and activities across the school grounds. The weekend will include a welcome barbecue dinner, a social at the School’s newly-renovated 50m swimming pool, and time to get to know fellow participants. Parents are welcome to join their daughters for lunch on the final day after the ‘PC Challenge’, in which the girls work in teams to problem-solve and put their newfound knowledge to the test.

The event is free and is designed to provide parents an insight into how boarding works at Perth College and give their daughters confidence to stay away from home, perhaps for the first time, in preparation for boarding. Our Boarding House is currently home to 106 girls from across country WA, and Perth College understands the transition to the city can be difficult for young girls and their families.

Registration for this event can be made via our website http://www.perthcollege.wa.edu.au/boarding/pc-challenge/. Registrations close 14 November 2014.

For further information contact Head of Boarding, Judy Parker, on 9471 2197 or email via Judy.Parker@pc.wa.edu.au

VACATION CARE: OCTOBER 2014

Program now available!!
Please see After School Care or Turtle Cove Administration to make a booking.

6am – 6pm
Excursions, special visitors and daily outings
Morning and afternoon tea provided

T: 08 9964 6689
E: turtlecovewandina@westnet.com.au
W: turtlecoveelc.com.au

PCYC Holiday Program

For ages 6-13years
Bookings Essential
September 30-October 3
Activities include:
Wall climb, cooking, circus, boxing, art and craft, bouncy castle, kite making.

Sunshine festival activities at Maitland Park
October 5 – Pet parade, family games, face painting, kite making, mobile climbing wall
October 10 – Teddy Bear Picnic
October 11 – Hava go Circus

Contact PCYC for more information!
Ph: 99211317
E: geraldtonpcyc@wapcy.com.au

SCHOOL HOLIDAY FUN

ATTENTION ALL STUDENTS!!!
Come join all the fun this year and be part of the 2014 Sunshine Festival MMG Float Parade – Saturday October 4, 2014

FREE ENTRY for decorated kids bikes. Best dressed bike WIN’s a NEW BIKE from Revolutions Geraldton. Simply come along 1.30pm on your decorated bike to the boat trailer ramp behind Mid West Port Authority and check in with the Marshall to ride in the parade for a 2.30pm start.

There are lots of activities throughout the holidays including Colour Decor Art Pavement competition, Chapman Animal Hospital Pet Parade, CWA Sandcastle Competition and much much more.

For all activities go to www.sunshinefestival.com.au for this year’s exciting program.
JOIN JEWEL SPARKLES™ AT THE LALALOOPSY SHOW
MON 6 – FRI 10 OCT 
11AM & 1PM
MEET & GREET 
12PM – 12:30PM
OUTSIDE TARGET

SEE OUR WEBSITE FOR DETAILS

Northgate Shopping Centre
northgate Shoppingcentre.com.au

JOIN US AT THE MIKE THE KNIGHT LIVE SHOW 
TUE 30 SEPT – SAT 4 OCT 
11AM & 1PM
MEET & GREET 
12PM – 12:30PM
OUTSIDE TARGET

SEE OUR WEBSITE FOR DETAILS

Northgate Shopping Centre
northgate Shoppingcentre.com.au
The Midwest Early Years Network Group invites all families and children to join us in celebrating

**Children’s Week 2014**

Tuesday 21st October
10.00-1.00pm
at the Geraldton Foreshore (south of the Dome)

Lots of FREE activities, information, entertainment, face painting, raffles and give-a-ways.

For more information please call 0438 860 669.

Proudly supported by Child and Parent Centre Rangeway - a State Government initiative.

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[Logos of various supporting organizations]
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<td>21 Parent Newsletter</td>
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<td>24 Rooms 6 &amp; 14 Parent Assembly</td>
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<td>5 Rooms 3 &amp; 4 Parent Assembly</td>
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<td>10 Year 6 Graduation Dinner/Dance Award Night</td>
<td>11 Year 7 Graduation Dinner/Dance Award Night</td>
<td>12 End of Year Presentation Award Assembly</td>
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