

MERRIWA NEWS



FROM THE PRINCIPAL'S DESK...

Farewell Room 5

Room 5, our old Kindy, was taken away this week. The children enjoyed watching the crane in action. The Department of Education will be installing free reticulation and grass very soon.

NAPLAN

Congratulations to our Year 3 and 5 students who completed their NAPLAN tests online for the first time last week. We are proud of the way in which the students worked so hard to do their best and very grateful to Mr Hoskins and Mr Bownes, our computer specialist, for all their technical expertise behind the scenes.

The children reported that they preferred working on computers for the tests and we look forward to seeing the NAPLAN reports later in the year.

Mindfulness at Merriwa

Our staff have been investigating mindfulness and the positive effects it can have. We have been learning about the brain, and how to self regulate emotions and behaviours through concentrating on breathing and taking a break from the busy day. Ask your children about the "Core Practice" that we do in the classroom! More information will be shared with you as we continue to learn about this fascinating area.

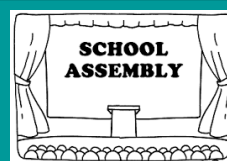
Parent Information Night

Thank you to all those families from non-English speaking backgrounds who met with the Principals last Tuesday night. This was a Board initiative to make sure that parents and families know about important events in our school and to acknowledge the role of the children who take the messages home.

Oval Renovations

Our oval is owned by the City of Wanneroo and from July it will be upgraded to becoming a full sized football oval. Works will take at least 5 months to complete and we will be able to access half the oval during this time. The construction areas will be fenced off.

Kind Regards, Mrs Sue Waterhouse, Principal



Room 17



Every day from 8am



4th June
Western Australia Day
public holiday

VISIT

www.merriwaps.wa.edu.au to check out the website and to download the FREE Phone App

New Phone
Numbers
PMS 6206 2340
MESC 6206 2330

Merriwa ESC News

What an amazing day at the zoo our students enjoyed last week. The weather was perfect to top off a wonderful day.

Students on Prac

MESC welcomes several students from NM Tafe and UWA who have joined our school to complete their pre-service practicum. They have been a valuable asset to our classrooms and are enjoying the opportunity to learn on the job.

Upcoming Events

Soccer clinics continue on Wednesday afternoons.

NAIDOC Day activities are planned for Thursday 14 June.

Student reports will be sent home in the last week of term.

Farewell

This week the parents and carers of our students in the EIP have been informed that Mrs Vella will be leaving us at the end of semester one to return home to Canada. This is a big loss for our school. We have been very fortunate to have Lanae on our staff over the past five years and truly appreciate the amazing work she does to prepare the children in the Early Intervention classroom for mainstream schooling.

We all wish her well for the future and offer our gratitude for her contribution to the MESC community. Mrs Sharon Hogan has been appointed to the role for Semester two, we welcome her to our school and trust that she enjoys her appointment to room 6a.

P&C News

Throughout term two we will have a 5c fundraising challenge to support the good work of your P&C.

If you can spare 5c coins over the coming weeks, please send them to class with your child. The ESC has a shared collection tin as do all other classes within the school.

Flu season

We have had a few cases of illness this past week. There are some cold and flu viruses emerging and also a few cases of conjunctivitis. Please keep an eye out for symptoms and allow sick children the time to rest at home.

It is very important that the school is contacted if your child is away. A phone call or a note in the communication book allows us to comply with the Department requirements.

Karen Macri—Principal

Cookie's Corner



Cookie always greets our visitors and parents at the front office. He loves it when Isla comes to the office because she usually has twisties or burger rings!!

MERRIWA IGA

We are grateful to Merriwa IGA who have donated over \$2 000 worth of bottled water to sell for our school. We will be using the money to improve our library, with new colourful furniture and books. They have also donated a \$300 cash voucher which will be awarded to a Year 6 graduating student who excels in the area of conservation and the environment.

You can also support our school with the Merriwa IGA reward system. If you shop at the Merriwa IGA, ask about this, it will earn you discounts for yourself, and another donation to our school at the end of the year.

THANK YOU MERRIWA IGA



MERRIWA EDUCATION SUPPORT CENTRE

INVITES YOU TO A

SENSORY WORKSHOP

by Jayde Hahnel

When: 27th June 2018 @ 1.30-2.30pm

Where: MESC Room 29

Cost: Free

Help us to make sensory resources for our students. All attendees take home a sensory bag. Please RSVP by 22 June 2018 by filling out the slip below. Thank you

I would like to attend the **SENSORY WORKSHOP**
on 27th June 2018 @ 1.30-2.30pm

Name/s:

Don't miss our
free 2 day workshop
for parents & carers of
school-aged students
on the autism spectrum

**Joondalup
12 & 13 June**

Register your place:

positivepartnerships.com.au

Swimming



Swimming lessons this year are from Wednesday 18th July 2018 to Friday 27th July 2018. Swimming forms have been sent home with your child/children. If you did not receive a swimming form please see the front office.

The maximum number of children who can attend each lesson is 110 and we have three sessions booked. Unfortunately only the first 110 children per sessions returning permission notes and money will be able to attend, so please send your permission slips and money back as soon as possible. Please contact the office if you would like to arrange a payment plan.

Jeff Hoskins—Associate Principal

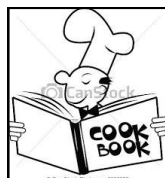
P & C Notes

Some coming events!



5c Challenge.....send in all your spare 5c coins and win a special bubble party for your class! Room 3 are winning so far....can you beat them?

Entertainments Books are available for just \$70. To order your Book or your Digital Membership online visit www.entbook.com.au/86101a. Alternatively, please contact the office.



Merriwa Cookbook.

We are looking for your favourite recipes. Please help by sending in a copy of your family's best recipes to the front office and we will publish them into the Merriwa Cookbook.

Bunnings Sausage Sizzle on 29 July. Volunteers needed! Please call the office if you can help, even for only an hour or so. PH 6206 2340



From the School Health Nurse

As parents we want to make sure our children get all the nutrients they need to grow strong and healthy. It's not always easy to find foods children will eat without complaints!

Most children love fishcakes. These ones are cheap and easy to make, and you can substitute other cheese for parmesan. Tinned salmon has bones which are soft and one of the best sources of calcium which builds strong teeth and bones.

Enjoy.

Salmon Fish Cakes

Serves 2

- 150g potatoes, peeled and diced
- 200g tinned salmon, drained
- Sea salt and freshly ground black pepper
- 1 bunch parsley, washed and chopped
- 2 tbsp. fresh parmesan cheese, grated
- 1 cup flour
- 2 eggs, lightly beaten
- 2 tbsp. light olive oil

From a cold water start, boil the potatoes until tender. Drain and mash. Mix the salmon, potato, a little salt/pepper and half the parsley until combined. Mould the fish mix into round cakes.

Mix together the breadcrumbs, parmesan and remaining parsley. Roll the fish cakes in the flour, dip in the beaten egg and then roll in the breadcrumb mix.

Heat the oil in a fry pan and bring to a medium heat. Gently fry the fish cakes for 4 minutes on each side or until golden brown. Remove and rest on absorbent paper before serving. Serve with watercress lightly coated in quality extra virgin olive oil.



Di Evans—School Nurse

Newsletter Raffle!

I have read the newsletter dated 1st June. Parents signature _____

Childs Name _____ Room No. _____

Congratulations to last week's winner Skyi Dilger

A Note from the Chaplain -Building Resilience (bouncing back)

Rubber Band Exercise:

Do you know any rubber-band people?

You can take a rubber band and stretch it as many times as I like, but it will ALWAYS return to it's normal shape.

'Rubber band people' are people who, no matter what happens to them, **always bounce back!**

Maybe they have been - Hurt

Maybe they have been - Sick

Maybe they have – tried their hardest at something and still felt like they have failed.

But it never seems to keep them down - like a rubber band – they always find a way back to their original shape.

This is being STRONG and RESILIENT.

Resilience; the ability to recover quickly. To spring back after a hard experience.

Rubber bands show resilience, because no matter how much you stretch it, it always springs back.

But!! do you know it is possible for US to show even more resilience, even more strength, even more flexibility, and spring than a rubber band!

You are amazing and you are capable of bouncing back from hard things! I want to give you a few points to show you **How?**

Here are some ways you can bounce back from hard times quickly, like a rubber band.

Have SAFE PEOPLE

- People you can trust
- People who will listen to you
- People who will be kind
- People who encourage you to do and be your best

Have SAFE PLACES

It is important to know where you can go that is a SAFE place if you are having a hard time. Because to be resilient you need to know that you are SAFE.

I want you to know that you are safe at Merriwa Primary School. It might not always feel that way. It can be hard to feel safe when there is a lot of CHANGE. Maybe you were a part of NAPLAN last week and, like this rubber band, you felt very stretched. OR maybe you weren't doing NAPLAN, but your timetable changed a lot and you had to make a lot of adjustments that you didn't like, which made you feel stretched too. Even if **you felt like you are being stretched, you are still safe.** Knowing this is going to help you to stretch when you need to, but always bounce back.

BREATHE

I know some of you have been learning about breathing in class. Breathing is a great way to build resilience!

If you are worried, scared or feeling like things are very hard, breathing can really help you to concentrate and re-focus! This will help you to bounce- back.

The ability to bounce back from a setback is what makes you STRONG and RESILIENT. And often, we are strongest after being stretched.

Christy McAnally - Chaplain



HONOUR CERTIFICATE WINNERS