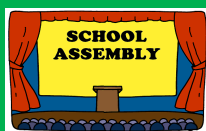




**NEWSLETTER No 13      DATE: 18TH AUGUST 2016**



ASSEMBLY  
Assembly  
Room 17  
26 August



Our new Website & Phone App are now live.

Please visit

[www.merriwaps.wa.edu.au](http://www.merriwaps.wa.edu.au)

**Fairy Tale Dress Up  
Parade  
9.00 a.m.**

Thursday 25  
August

**School Banking  
Every  
Wednesday  
8.00 a.m. in the  
Library**



Merriwa School  
Bags for Sale  
Senior \$30.00  
Junior \$25.00  
Library Bag \$10.00  
Pencil Case—\$5.00

## From the Principal's Desk...

**Dear Parents and Caregivers,**

Have you downloaded your Merriwa PS and ESC app yet? It is free and you can access our website, with coming events, forms, information and updates.

Just visit the App store for iPhones or Google Play for Androids, search for Updated and select our school. All applicants are approved by the school before your app is up and running. Let us know if you need any help!

## One Big Voice

We are so proud of our choir. They performed with nearly 4000 other children at the Perth Arena on Friday night and it was amazing. What a professional performance. A huge thank you to Mrs Prior, our music teacher, for her dedication and talent in making this event possible, and to all staff and families who supported the children on the night, we are very grateful. We are already planning next year!

## First Aid Workshops

This week all our students are attending first aid workshops as part of our Health curriculum. These are presented free, and give your children the skills to keep themselves and others safe. Thank you to Mrs Long for organising this.

## PJ Day and Good Behaviour Reward Day

Next Monday all students and staff are encouraged to come to school in their PJs! We will be reading stories throughout the day for the start of Literacy Week.

We are also having the reward for good behaviour on the same day, which is by invitation only. All children, however, can wear their PJs regardless of an invitation to the reward event.

The Fairy Tale Character Book Dressing Up Parade is 9.00 A.M. THURSDAY 25 AUGUST. All are welcome to come along and share the fun.

Kind Regards

Mrs Sue Waterhouse

Principal



We're very pleased to inform you that our school has implemented a phone app called **Updat-ed** that will make connecting with you so much more convenient.

To download the app just visit the App Store for iPhones or Google Play for Android's. Search for **Updat-ed** and from the menu select our school. We'll receive your registration request and will need to approve you before your app is up and running.



### So what will the app do?

The app's great for sending out alerts and reminders with one of its best features being the ability to save events directly into your phone's calendar.

If you are experiencing difficulty with your app please take a look at our [Trouble Shooting Guide](#). This guide can be found on the sponsor-ed website: [www.sponsor-ed.com.au](http://www.sponsor-ed.com.au) under SUPPORT. Any further queries should be directed to: [helpdesk@sponsor-ed.com.au](mailto:helpdesk@sponsor-ed.com.au)

Please state the following in your email to helpdesk:

- Your school
- Name and email address
- Model phone/tablet
- Software version

We hope you enjoy being Updat-ed.

## *Merriwa ESC News....*

I feel very privileged to continue to have the opportunity to work with you all again whilst Mrs Karen Macri is away on her well-deserved long service leave.

On Tuesday 16<sup>th</sup> August students from the Centre went on an excursion to Yanchep National Park. Whilst there, students participated in two learning experiences, the Aboriginal Experience Tour and the Didgeridoo & Dance Tour. Students also had the opportunity to go for a walk along the park trail in small groups. I am extremely proud of all of our students as they were well behaved and engaged in the activities presented to them. A special thank you to Mrs Reiger for all her hard work in organising this excursion for the Centre. ESC Combined Sports Day will be hosted by Beldon ESC again this year on Tuesday 30<sup>th</sup> August. You are all very welcome to attend this awesome event. All students have been given a lunch order form and a permission slip. Please note that the lunch order forms are due back this Friday.

A reminder for parents/carers to please schedule an IEP meeting with your child's class teacher if you have not already done so. This is a great opportunity for you to discuss your child's learning goals for this semester.

***Mrs Christina Maunick-Sallie***

***Principal***



Yr	Rm	Student	Yr	Rm	Student
PP	1	Cathy Tribunali, Austin Phillips	4/5	15	Tayah Whitworth, Gypsy Dover, Godfrey Niyibhigira
PP	2	Azaria Santos, Arun Tsalavoutas	5/6	16	Jasmine Krygsman Eccles, Sheila Mogridge
1	6	Ella Everett, Clair Hedland	5/6	17	Olivia Rowlands, Percy Dershaw
1	7	Michael Fernando, Keenan Ashburton	5/6	18	Olivia Ortin, Elizabeth Niyibhigira
1	9	Ebony Orr, Harlen Tuhakaraina-Kingi	3	21	Ada Trueland, Ty-Rees Bolton
3	10	Glodi Mbafumojia, Preston Davis	3/4	22	Shari O'Brien, Elisha Pickett
2	12	Jeremiah Kori, Sophia Delaforce	ESC		Olivia Spencer, Toby Roberts, Iyona Chavez, Georgia Hutchins
2	13	Angela Harp, Caleb McIntosh	Kind Kids		Lillian McIntosh, Prinz Tadios, Sophiea Van De Niewehuyzen, Daniel Jabbar



## Fun Run

We had a great time walking and running around the oval at the annual Fun Run. Thank you to everyone who supported us. All fundraising goes towards paying for the shade sails on the senior playground and there are prizes for the highest fund raisers and a lucky dip draw for all returned lapathon cards. All money is due by Friday 19th August.



## One Big Voice

The Merriwa Primary School Choir did an amazing performance, entertaining the audience at The Perth Arena on Friday 12<sup>th</sup> August. The students from year 3 to 6 performed with 79 other schools singing a variety of songs. They sang these songs along with almost 4000 students. They looked and performed so professionally on the stage. The students learnt 11 songs and although some were rather challenging, the students sang these with great confidence. Daruka and her sister Monica Deng each performed a beautiful solo. Zephaniae McIvor and Hayley Tilbury proudly signed the national anthem in Auslan with great confidence. All the students have been working hard on this performance since March and I am sure lots of parents would have been able to sing along too. I would like to say a big thank you to all the teachers, parents and carers for your support. Special thanks to Mrs Rogers, Mrs Zainudin, Mrs Hanekom and Mr Hoskins for your support on the day too.

Mrs Prior  
Music Teacher



### CHANGING YOUR PICKUP ARRANGEMENTS

*If you want to change the pickup arrangements for your child, could you please send a written note to your child's classroom teacher on the school day.*

*The office is experiencing an increased volume of telephone calls at the end of each day and a written note will ensure that both your child and their teacher know of any changes well in advance.*

*We thank you for your support.*



## GRAND CINEMAS MOVIE FUNDRAISER –

### The Secret Life of Pets!

The P&C have booked a screening of THE SECRET LIFE OF PETS at Grand Cinemas Currumbine on Sunday 18<sup>th</sup> September at 12:30pm. Tickets are just \$15 per person.



This movie looks hilarious, so get all your friends and family together for a great afternoon.

Please send your \$15 per ticket required in an envelope marked with your child's name and room number to the office (marked P&C), and a ticket redeemable at the box office on the day of



the screening will be sent back to you via your child. Get in quick as tickets are limited and are sure to sell out fast.

If you have any questions please contact Sherryn on 0410 571 644 or email [freochick44@hotmail.com](mailto:freochick44@hotmail.com). Thank you as always for your support.

## Book Week

22nd – 26th August 2016

Monday 22nd Story Telling Pyjama Day

Children may wear their pyjamas to school and bring a cuddly toy or favourite book.

During the day special guest will visit classes to read a story to the children.

Thursday 25th August at 8.45am Book Week Character Dress up Parade

Theme: Fairy Tales

Please come along and join in the fun!



### Is your child sleeping well enough?

Poor sleep or not enough sleep may be responsible for poor school grades, behavioural issues, memory and concentration problems.

If your child wakes up spacey, irritable or sad, lack of quality sleep is often the source.

Did you know that lack of quality sleep can be responsible for:

- **Memory issues:** word spelling, maths calculations, remembering a book, playing an instrument, or knowing a song can be affected by lack of sleep. During the night, our brain goes in and out of cycles of REM (Rapid Eye Movement) and deep sleep. These cycles are responsible for sorting memory. Poor sleep leads to poor memory development and recall, and this affects school work.

- **Concentration:** a child who didn't sleep well cannot pay attention to what is said and will find it harder to focus on what is happening around them. With time, if sleep is not restored, these lapses in concentration will have permanent impacts on learning.

**Behaviour:** lack of sleep makes children more prone to anger issues, anxiety, depression, frustration, difficulties in regulating emotions, and difficulties in controlling behaviour in class and break times.

What can you do?

- Encourage exercise, but not immediately before bedtime.
- Keep your child away from energy drinks, chocolate, coffee and cola.
- Make sure there is a bedtime routine in place that is relaxing and regular. This helps the brain to relax, know what to expect and makes falling asleep easier.
- No electronic devices in bed, no devices at least 30 min before bedtime. The lights keep the brain awake and makes it harder for children to fall asleep.
- Check that the bedroom is quiet, darkened and feels safe.
- Make use of relaxation techniques if necessary, to help your child to settle at night.

The number of hours sleep recommended are between 9 - 11 for children from 6 to 13 years old. Less than 7 hours and more than 12 of sleep are not recommended. Please talk to your GP if you need further information.

Ana Santos, Clinical Psychologist

