Miling Primary School

AN INDEPENDENT PUBLIC SCHOOL

8 May 2019

Message From The Principal

This newsletter is a combination of School & Community news and as a result some content may not reflect Miling Primary School's attitudes or values.

Proud to be waterwise APPROVED watercorporation.com.au

MORAL PURPOSE: to provide the opportunity for our students to become well informed, actively involved, positive citizens through: developing life long learners and maximizing the potential of every student.

Proud Members of the Inland Lighthouse NETWORK Lighting the way

Dear Parents and Community

Welcome back to a new term. Here's hoping you spent many joyful moments with your children and relaxed a little along the way. The children have returned with their batteries fully charged and I am sure they are ready to focus all that energy on their learning!

ANZAC Ceremony

Last term our Student Leaders led a sombre and respectful ANZAC ceremony for our school community. Our junior students made beautiful poppies for their peers and teachers to wear, as they pinned their family poppy on the ANZAC remembrance board and laid rosemary and wreaths at the flag pole. It was a special moment for the community, as the students quietly remembered the ANZACS and the sacrifices they made for us.

Term 2

We have an exciting term ahead, with many events to look forward to. These include the Winter Carnival and Cross Country where Miling students will have the chance to put their sporting skills to the test in the spirit of healthy competition. The Performing Arts Festival will challenge the children to perform confidently to a large audience and show their appreciation in return. NAPLAN will test students' academic ability and the Year 6 Resiliency Expo will encourage our Student Leaders to look inward. These wonderful extra-curricular activities provide a safe way for our children to experience challenges and social responsibility, all great lessons for life-long learning.

Attendance

Thank you to those parents who are vigilant regarding their child/ren's attendance at school. To access the full curriculum and give your child the best chance of success, the Department of Education recommends at least 95% attendance. Reduced attendance has a large impact on your child's academic learning. I have attached a graph on the following page.

Having a positive conversation with your child about the rewards and challenges of their school day goes a long way to overcoming hurdles. Be prepared for Winter's cold mornings and grumpy sniffles with devices off, early bed times and a warm morning Milo to combat the attendance blues!

NAPLAN

Next week our Year 3 and 5 students will complete the annual National Assessment Program – Literacy and Numeracy (NAPLAN). These tests provide useful information for the school and the education community, however, it is important for all to understand that there are many ways for students to show us what they have learned, and all we ask is that they do their best. I will be supervising the students during NAPLAN which will begin on Tuesday and continue to Thursday. Any absent students will be able to re-sit tests on Friday.

Mother's Day

This coming Monday we would like to celebrate all of our lovely Mothers, Grandmothers and special ladies. I hope you have all made time on your calendar to join us for a very special Mother's Day Morning Tea to thank you for your unconditional love and care. Be prepared to be thoroughly spoiled!

Thank you

I couldn't help but notice the giant cacti missing from the office garden. Special thanks to Janette Pratt for digging out the noxious little cacti and carefully wrapping them up and to Tony White for making the big ones disappear.

Kind regards

Mishelle DelCaro

Acting Principal

PRINCIPAL'S REPORT … CONT

Department of Education Attendance

The below chart gives a breakdown of the amount of time missed in a year, and if maintained, how it impacts on the future education of your child.

If your child misses…	that equals…	or…	From Kindy to year 12 that adds up to…	Which is the equivalent of attending until:	Attendance rate
1 day per fortnight	20 days per year	1 month per year	nearly 1 ½ years	part-way through year 11	90%
1 day per week	40 days per year	2 months per year	over 2 ½ years	part-way through year 10	80%
2 days per week	80 days per year	4 months per year	over 5 years	the end of year 7	60%
3 days per week	120 days per year	6 months per year	nearly 8 years	the end of year 4	40%

It is important that we all work together to ensure your child/ren have the best start in their education with a 95% plus attendance rate in 2019.

ANZAC DAY

Parentingideas INSIGHTS

Building parent-school partnerships

WORDS Michael Grose

Helping students get ready for the NAPLAN tests

The most resilient children and young people are those who rise to meet rather than retreat from the challenges presented to them. Perhaps it's best to view the NAPLAN tests as good learning experiences rather than dreaded pressure tests.

During the second week of May Australian children in Years 3, 5, 7 and 9 will take part in the National Assessment Program – Literacy and Numeracy (NAPLAN). The stated purpose of this testing program is to gain an overall picture of educational attainment levels to assist education policy and decision-making.

The program first implemented in 2008 has drawn some criticism from a number of different quarters, particularly in regard to the use of the information gained through the NAPLAN tests. You've probably heard a number of different viewpoints expressed in the media over the last few weeks.

One view commonly put forward is that the NAPLAN tests put undue pressure on children to perform in test situations. If so, then perhaps the best approach for parents and teachers is to help them handle the pressure rather than avoid it. The most resilient children and young people are those who rise to meet rather than retreat from the challenges presented to them. Perhaps it's best to view the NAPLAN tests as good learning experiences rather than dreaded pressure tests.

Children and young people take their cues from their parents about how to handle many situations. American psychologist Martin Seligman discovered more than a decade ago, through his research into children's thinking styles, how closely a child's explanatory style mimics that of the parent they spend most time around. Optimistic parents beget optimistic kids, just as anxious parents can beget anxious kids. The impact of a parent's explanatory style seems to be magnified somehow in small families where there are fewer voices to be heard.

As a parent it helps your child, if you take a positive view of the NAPLAN tests. It's better to see them as learning opportunities for kids as well as opportunities to overcome any anxieties or nerves that these tests may bring on. It's also worth remembering that many children don't stress over these tests. The vast majority take them in their stride, wondering what all the fuss is about.

Whether your child stresses or takes them in his stride here are some tips to help prepare for the NAPLAN tests:

1 Take your cues from your child:

If your child doesn't worry about them then neither should you. Be careful not to create a problem that doesn't exist by incessantly talking about, or worse, worrying about the test.

2 Focus on doing their best and trying hard:

Choose your words carefully when you speak with your kids. As with all their learning activities place your focus squarely on effort rather than results. The only pressure on kids should be to try hard rather than to do well.

3 Listen to any concerns they have:

If your child confesses to some nerves then validate their feelings, rather than shut them down with a 'get over it' response. "Yes, sometimes tests can be a little scary, but they get easier every time you take them." Use this as an opportunity to develop some emotional smarts, which starts with recognising how kids feel.

4 Give them some relaxation ideas:

Anxious or nervous kids will benefit from some simple relaxation strategies. Taking some deep breaths, changing their thinking and exercising the morning of the test are some simple ways to help kids get some feeling of control.

5 Help them retain their perspective:

One way to help children who become excessively anxious about an event is to ask what's the worst thing that could happen? Okay, they may not do as well as they would like but the sun will still rise tomorrow, regardless of how well they do. Keeping perspective is a life skill that we all need to practise.

A positive, caring parent attitude is one of the best gifts you can give a child when they are apprehensive or nervous about approaching any different situation whether it's going on school camp, joining a new club or sitting a NAPLAN test.

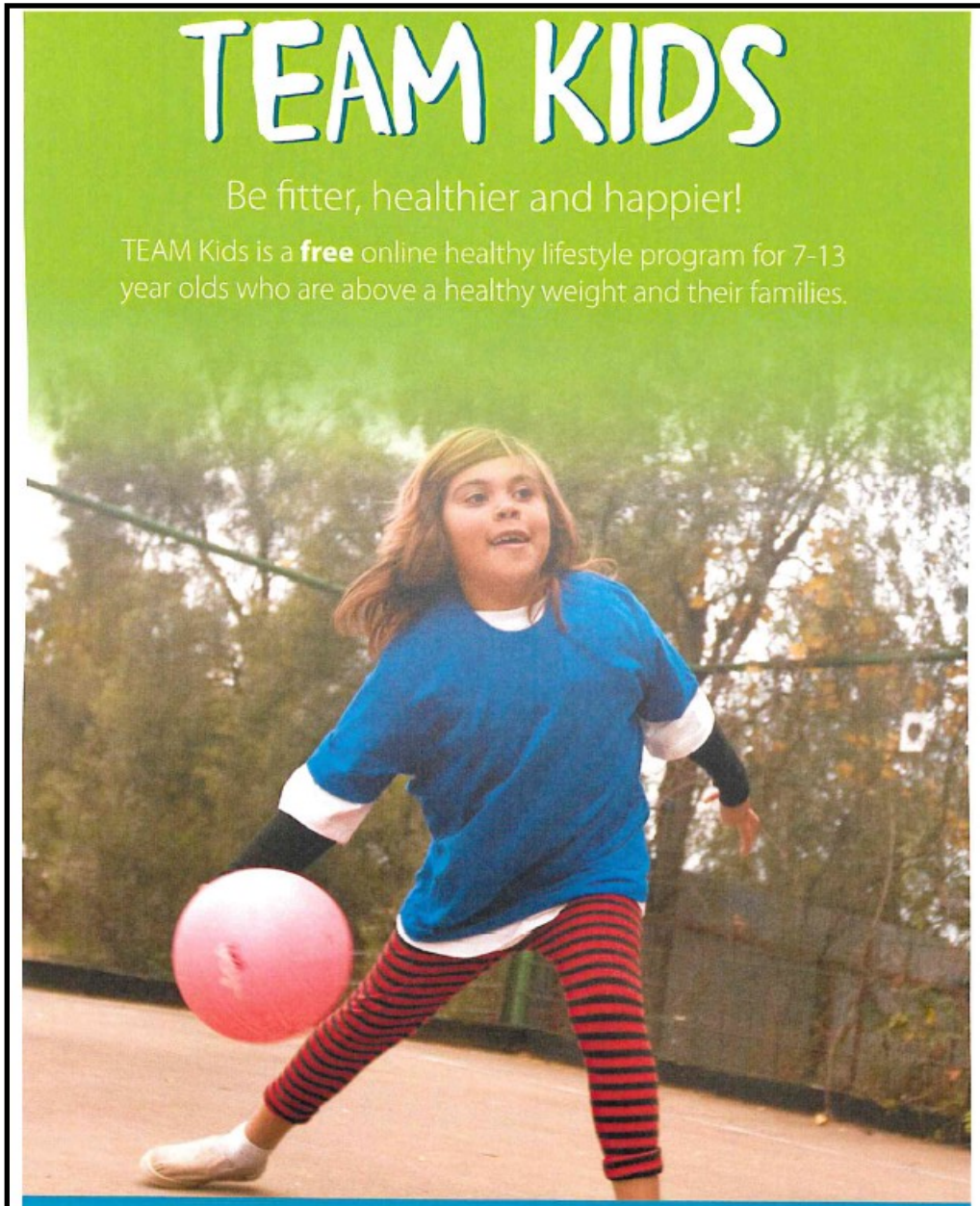
Stay one step ahead of your kids with great ideas & expert advice from Michael Grose. Join Michael's **NEW Parentingideas Club** today at **parentingideasclub.com.au**. You'll be so glad you did.

© 2015 Michael Grose

TEAM KIDS

Be fitter, healthier and happier!

TEAM Kids is a **free** online healthy lifestyle program for 7-13 year olds who are above a healthy weight and their families.



TEAM THINK EAT AND MOVE Kids health program

Register now
thinkeatandmove.org
1300 899 736

Is your child...

- Aged 7-13 years old?
- Above a healthy weight?
- In need of support to improve eating and activity habits?

The Think, Eat and Move (TEAM) Kids Program is a FREE 10-week online program for children and families. There are weekly online sessions, free resources (+fitness tracker!) and weekly coaching calls with a trained and qualified health coach to help keep you on track.

Get involved and start collecting your weekly tokens and prizes!

To register or find out more:
1300 899 736
thinkeatandmove.org

Think, Eat & Move
@thinkeatandmoveprogram

Government of **Western Australia**
WA Country Health Service

betterhealth company

Book Fairs

See what's NEW at our

BOOK FAIR

Catch the reading wave!

FIND THESE BOOKS AND HUNDREDS MORE AT THE FAIR!

Date 20 + 21 MAY '19 Time 8.30am - 3.00pm

Place MILNGO PRIMARY SCHOOL

EVERY PURCHASE YOU MAKE EARNS **LEARNING** AND **LITERACY RESOURCES** FOR **OUR SCHOOL**

SCHOLASTIC

We are participating in Woolworths' Earn & Learn

This year as part of Woolworths' commitment to the community, they have introduced a new program to support remote Australian schools. Both customers and schools can generously donate the Earn & Learn stickers they collect during the campaign to remote schools; this includes those which have been identified as being 100km or more from any Woolworths store across Australia. Just so you know how this will all work, there will be a yellow box in each Woolworths store allowing customers to donate any unused Earn & Learn stickers they've collected as well. Miling PS will be published on the remote schools list on the Earn & Learn website. All of these Earn & Learn stickers will be counted by Woolworths at the end of the submission period and will be evenly distributed amongst the participating remote schools.

MILING PRIMARY SCHOOL P&C PRESENTS:

DISCO NIGHT

WHERE: Miling Pavilion

WHEN: Friday 14th June

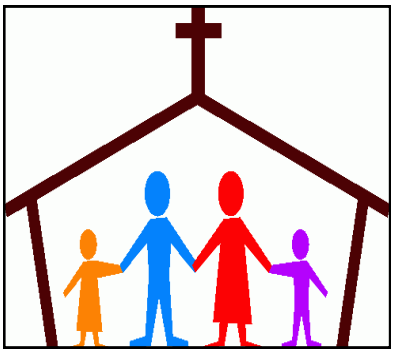
TIME: 6pm – 8pm

Please BYO one plate of finger food to share

Juice boxes and ice cream will be supplied by the P&C

Come along and join in the fun!!

Miling Community News



MILING COMMUNITY CHURCH

Services Held:-
2nd Sunday @ 9.30am & 4th Sunday @ 8am
Followed By Morning Tea!

ALL WELCOME !

KZ Speech

Find us on

ndis REGISTERED PROVIDER

KZ Speech and Occupational Therapy

Bringing Speech Pathology and Occupational Therapy Services to the Wheatbelt

Providing assessment and intervention to target speech, language, literacy, social skills, motor skills, handwriting, life skills and sensory processing.

Contact us today on **9450 6939** or enquire online at **www.kzspeech.com.au**

Getting Enough Sleep

School aged children need to achieve their required amount of sleep so they can grow physically and improve their learning, development and concentration. Getting enough sleep also has a positive impact on your child's behaviour!

The recommended hours of sleep for each age group are:
- Ages 3 to 5: **10 to 13 hours**
- Ages 6 to 13: **9 to 11 hours**
- Ages 14 to 17: **8 to 10 hours**

Here are some tips to help your child sleep well:
- Set up a sleep schedule. Try to wake up your child and get them to bed at the same times, even on the weekend.
- Create a bedtime routine. For example, put on pyjamas, clean teeth, read them a story or let them read, say 'goodnight' and lights off.
- Start winding down at least 30 minutes before bedtime.
- Turn off technology 30 minutes before bedtime
- Avoid stimulants in the afternoon that will keep your child up in the evening e.g. chocolate or sports drinks.

For more information visit https://raisingchildren.net.au/ or see your local School Health Nurse.

Miling Hockey Club News

A Grade

2019 season is underway and after a successful pre season we were keen to take to the field for our first game against Strikers. It was a good close game which we unfortunately lost 2 – 0.

Players award – Clare Douglas & Isla Grant

Coaches award – Karen Ellis

Our second game was against Robins R and resulted in a nil all draw. Plenty of great play and improvements within our game so we know a win isn't far off!

Players award – Jane Antonio

Coaches award – Janette Pratt

C Grade

Our first game was against Watheroo. It was a great first game. Watheroo scored a quick first goal but we then held them to nil for the rest of the game. Final score 1-0.

In our next game we took on Robins B. This was a very tight game until the last quarter when Robins scored three quick goals. Final score 3 – 0.

This weekend our Minkey, C Grade and A Grade teams are all in action in Moora on Sunday. Hope to see you there J

Central Midlands 2019 Hockey Fixtures

Round 1: Moora Robins	Round 2:Moora Strikers	Round 3: Moora Robins	Round 4: Moora Strikers	Round 5: Moora Robins
Sunday 28th April Juniors: 9.30am F1: Robins W V Robins Red F2: Miling V Watheroo Strikers V Robins Black (to be made up during the season) Sunday 28th April Seniors: 11.00am Miling V Strikers 12.30pm Robins B v Robins Red	Friday 3rd May Juniors 4pm & Minkeys F1:Robins Red v Strikers F2: Watheroo V Robins W Saturday 4th May Juniors 12:30pm Miling V Robins B Seniors: 1.45pm Strikers v Robins B 3.15pm Robins Red v Miling	Sunday 12th May Juniors: 9.30 & Minkeys F1:Watheroo v Robins Red F2: Strikers V Miling Robins W V Robins B (at training) Sunday 12th May Seniors : 11.00am Robins B v Miling 12.30pm Strikers v Robins Red	Saturday 18th May Juniors: 11.30 & Minkeys F1:Watheroo v Strikers F2: Miling V Robins W Robins Red V Robins B (at training) Saturday 18th May Seniors: 1.30pm Strikers V Miling 3.15pm Robins Red v Robins B	Friday 24th May Juniors: 4pm & Minkeys F1:Robins W V Strikers F2:Miling V Robins Red Saturday 25th May Juniors 12:30pm Watheroo V Robins B Seniors: 1.45pm Robins R V Miling 3.15pm Robins B V Strikers
Round 6: Moora Robins	**Round 7: Moora Robins**	15th June C/Week Bye Everyone	**Round 8: Miling**	**Round 9: Miling**	**Round 10: Strikers**	13th July School Hols Bye
Friday 31st May Juniors: 4pm & Minkeys F1:Robins W V Robins Red F2: Miling V Watheroo Strikers V Robins Black (at training) Saturday 1st June SENIORS BYE	Friday 7th June Juniors: 4pm & Minkeys F1:Watheroo v Robins W F2:Robins Red v Strikers Sunday 9th June Juniors 9:30am Miling V Robins B Seniors 11.00am Miling V Robins B 12:30pm Strikers v Robins Red		Saturday 22nd June Juniors: 10am Robins W V Robins B 11.30 F1:Strikers v Miling F2:Watha v Robins Red Saturday 22nd June Seniors 1.30pm Robins Red v Robins B 3.15pm Strikers v Miling	Sunday 30th June Juniors: 9.30am F1:Miling V Robins W F2:Watheroo v Strikers 11am Robins Red V Robins B Sunday 30th June Seniors: 12.30pm Robins B v Strikers 2pm Miling v Robins Red	Sunday 7th July Juniors: 9.30 F1:Robins W v Strikers F2:Miling V Robins R 11am Watheroo V Robins B Sunday 7th July Seniors 12.30pmMiling v Robins B 2pm Strikers V Robins Red	
Semi Finals	**Preliminary Finals**	**Grand final**		
21st July- Sunday Times to be advised	27th July- Saturday Times to advised	3rd August- Saturday Times to be advised		

+ Minkeys play the same time as juniors running for 1/2hr on oval, for 6 weeks.(mixed teams)

MILING GOLF CLUB 2019

SUBS: Due April

FULL MEMBERSHIP $80

SOCIAL MEMEBERSHIP $20

JUNIOR MEMBERSHIP $20

COUNTRY MEMBERSHIP $50

TEMPORARY MEMBERSHIP $40

VISITORS FEES $5

Green Fees $5 (This includes golf played at anytime)

Please make payments to MILING GOLF CLUB and address to

WADE PEARSON	*or*	*Miling Golf Club Inc.*
		(Westpac bank)
PO Box 46		*BSB: 036106*
MILING WA 6575		*Account: 621635*
		Use name as description

FOOTY TIPPING

Well what a great start to the tipping. Some weeks are very hard to pick as the favs are not playing the game.

Round Winners

***1 - Riley *2 - Phil *3 - Sheryle *4 - Simone *5 - Tennis Club *6 - Lois *7 - Carlo**

So far the leaders are

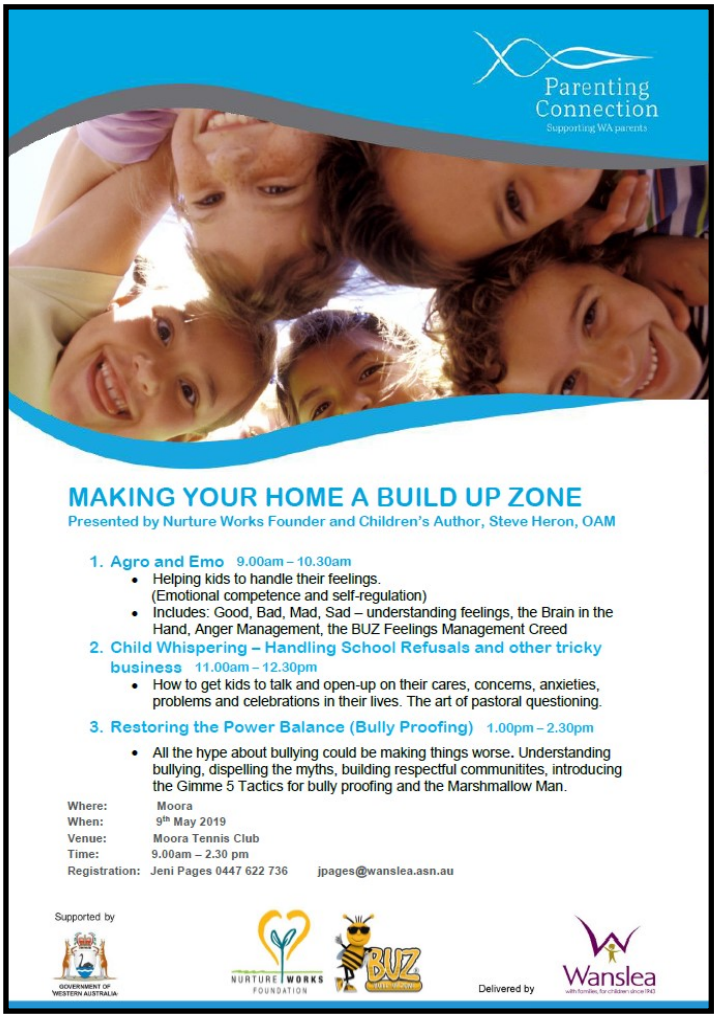
Vikki H / Shilo 39

Phil / Scott / Carlo / Richard Humphrey 38

Brady /Naomi / Riley / Riri 37

Digger,Wong / Vikki J 36

6 others following closely behind on 35.



MILING PO/ NEWSAGENCY

CLOSED THIS SATURDAY 11 MAY

PAPERS AVAILABLE FROM MILING TRAVEL STOP

AUSKICK MOORA

Date: 9th May

Day: Thursday's

Time: 4 - 5 pm

Cost: $70

Age: 5 - 9 years boys and girls

We will be commencing Auskick on the second week of Term 2. All children between the ages of 5-9 are welcome to come down and join in. Costs are $70 per child and please go to this link https://play.afl/auskick to register your child/ children. Also if you are on a health care card, please click on

Bedwetting

For a fact sheet on all the causes of bedwetting and an outline of the treatment options available to cure the condition please see the Bedwetting Institute® website or text DRY to 0417 280 373 to have the fact sheet sent direct to your phone.

www.bedwettinginstitute.com.au

At the Bedwetting Institute® we have designed an effective program with Dr Mark Condon and Physiotherapist Margaret O'Donovan which is available on DVD. It addresses the causes of bedwetting and offers a practical and achievable method of curing the problem.

Put the LIFE back into your garden soil to promote healthier and more productive plants with

PREMIUM GRADE ORGANIC

GARDEN COMPOST

Scientifically formulated to provide the ideal environment for the beneficial micro-organisms and biology, and humus formation in which plants thrive.

***$150 a tonne** (inc gst) by the trailer load or truck load, pick up or delivered (delivery costs apply).*

Orders & Enquiries

Rob Harris

Phone 0429 611 282

Jorobi

NATURAL FERTILISER

FROG280519

Made in Dalwallinu from local ingredients.

TERM PLANNER – TERM 2 - 2019

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
ONE	Apr 29 Students Resume	30	May 1 Early Close 2.30pm	2	3
TWO	6	7	8 Newsletter Early Close 2.30pm	9	10
THREE	13	14 NAPLAN ONLINE	1 Early Close 2.30pm	16	17
FOUR	20 BOOKFAIR NAPLAN ONLINE	21	22 Newsletter Early Close 2.30pm	23 Board Meeting	24 WINTER CARN (Year 4-6) (Miling organising)
FIVE	27	28 Jnr Assembly	29 Early Close 2.30pm	30	31 SCHOOL DEVELOPMENT DAY - NO STUDENTS
SIX	Jun 3 WESTERN AUSTRALIA DAY HOLIDAY	4	5 Newsletter Early Close 2.30pm	6	7 PERFORMING ARTS FESTIVAL - MOORA
SEVEN	10	11	12 Early Close 2.30pm	13	14 P&C Disco
EIGHT	17 School Photos Yr 6 Expo, Moora	18	19 Newsletter Early Close 2.30pm	20 Board Meeting	21
NINE	24	25	26 Early Close 2.30pm	27 Snr Assembly	28
TEN	July 1	2	3 Newsletter Early Close 2.30pm	4 REPORTS HOME	5 Last day of Term DANDARAGAN X COUNTRY