



## MEDINA MATTERS

### At Medina Primary School we show C.A.R.E.

#### Our Vision

Friday 15th  
March 2019

Our shared vision for the Medina Primary School community is to develop an understanding and commitment to the promotion of a "Strong and Smart" ethos, incorporating strength of mind, body and soul. We aim to establish an inclusive community that encourages acceptance, respect and compassion. We would like our students to be happy at school and in life.

Dear Parents, Carers and Community Members,

Last week we hosted our first assembly for 2019. This assembly provided us with the opportunity to announce the names of our Student Leaders and Faction Captains. I would like to congratulate the following students-

#### Student Leaders

Philip James, Elyshia Jeffs, Kaea Short, Tahlia Reye

#### Sports Faction Captains

Wells - Monique D'Cunha and Aiden Webb

Edwards - Lila-Grace McAndrew and Breeanna Anghelone .

I look forward to working with our leaders throughout the year. Our student leaders will be attending the GRIP Student Leadership Conference. This is a unique conference that concentrates specifically on training student leaders for their role as SCHOOL LEADERS. The style, topics and content of this conference all focus on what the students can do right now to build their leadership skills and make a difference. Student leaders from all across Perth attend the conference.

#### Harmony Day:

Harmony Day this year is on **Thursday 21st March** and to celebrate we are asking students and staff to **wear orange clothing or traditional apparel from other countries or cultures**. As part of our Harmony Day celebration we will be **holding an assembly at 8:40am**. Our fabulous canteen volunteers have offered to create an international lunch menu. Dishes on the menu cost \$4.00 and include a drink and a snack. If you would like to order one of these meals from the International Lunch Menu for your child on Harmony Day you may do so before Friday 15th March. Spare order forms can be collected from reception.

#### C.A.R.E. Award:

This year we have introduced C.A.R.E. slips across the school. Students who exhibit behaviours outlined on our whole school C.A.R.E. Behaviour Matrix can earn themselves a C.A.R.E. slip. These slips go into a box and at assembly two names, one junior student and one senior student, are drawn out. The students whose slip is drawn from the box receives a free canteen lunch. Congratulations to the first recipients of this new award.

#### School Board and P&C:

Our first School Board meeting will be held on Monday 18<sup>th</sup> April at 1:30pm. The board agenda will be added to our website after the meeting.

Our P&C Annual General Meeting will be held on Monday 1<sup>st</sup> April at 9:00am in the Conference Room. We strongly encourage and welcome families to come along and participate in this meeting and assist the school with achieving the targets outlined in our Business Plan 2018 – 2020. Morning tea will be provided. Students of parents/carers who attend the P&C meeting will receive a free icy pole. Without a P&C our canteen would cease to operate and wonderful events such as the Colour Run, Mothers' Day Stall, and Easter Raffle etc. would not be possible.

#### EFTPOS:

We now have EFTPOS facilities at Medina Primary school. Any payments to the school can now be paid via this facility. Previous payment methods are also still in place.

#### Attendance :

It is essential that students attend school every day. Attendance of less than 95% is concerning. Research has proved that there is a direct and linear relationship between student achievement and attendance. That is, the more a student misses school, the worse their outcomes – **EVERY DAY REALLY DOES COUNT**. The staff at Medina Primary School are passionate about working with all families to ensure attendance is as high as possible. If you wish to discuss your child's attendance, please do not hesitate to contact us.

Kind regards,  
Karen Davey  
Principal

# Congratulations!

## Merit Certificates

### Student Leaders

### C.A.R.E. Awards

### Aussie of the Month



# Mental Health and Wellbeing Team

All classes are now participating in the 'Wellbeing for Kids' program. Students and staff are thoroughly enjoying the lessons. The sessions incorporate meditation, mindfulness, yoga and breathing techniques which help students to focus on the present and relax.

Mindfulness is about paying full attention to what is going on in you and outside you, moment by moment, and without judging. It means you observe your thoughts, feelings, and the sensations of taste, touch, smell, sight and sound. You are also fully aware of your surroundings. When we do this, we're less distracted by thoughts of the future and the past, which can often make us worry and stop us from enjoying the present moment.

Mindfulness helps support wellbeing and mental health. Some of the benefits of mindfulness are listed below:

- Feeling calmer, increased clarity and enhances creativity.
- Reduced rumination e.g. thinking about upsetting situations and things.
- Reduced stress, anxiety and depression.
- Improved focus and working memory (being able to recall and use relevant information).
- Improved immune function (resistance to disease).
- Increased self-awareness, social awareness and self-confidence.

The 'Smiling Minds' app is currently being trialled by some classroom teachers at Medina Primary School. This app can be used by anyone. You might like to use the app yourself, use it with your children or other family members. It can be downloaded and installed on your phone or tablet. The 'Reach Out Breathe' app can also be downloaded on to your devices. Please see the links provided below.

Smiling Minds: <https://www.smilingmind.com.au/smiling-mind-app>

Reach Out Breathe: <https://au.reachout.com/tools-and-apps/reachout-breathe>



## Coding Club

Coding Club has begun at Medina Primary for 2019! 26 students from years four to six have signed up to be a part of the club. Our aim with this club is to provide opportunities for students to problem-solve, learn coding skills and work with like-minded students in a safe after-school program. STEM is quickly becoming a necessary skill required for many jobs in the future. Did you know that *"Research indicates that 75 per cent of the fastest growing occupations now require STEM skills, and over 70 per cent of Australian employers identify STEM employees as being among the most innovative"*? With this in mind our goal is to develop the skills of our students; get them thinking outside of the box and hopefully have lots of fun along the way! The program would not be able to run without the generous support of The Smith Family, our lovely volunteers who attend each week and the dedication of Miss Parsons

Coding Club Term 1 dates: Wednesdays 2:30-3:30pm





# Literacy

Parents are the most important educators in a child's life; it's never too early to start reading together. Evidence suggests that children who read for enjoyment every day not only perform better in reading tests than those who don't, but also develop a broader vocabulary, increased general knowledge and a better understanding of other cultures. In fact, reading for pleasure is more likely to determine whether a child does well at school than their social or economic background.

This year at Medina PS we will be awarding book prizes at each assembly to a Junior Girl and Boy and a Senior Girl and Boy. Book prize winners will be selected at random and will be awarded to those students who read every night at home. So we encourage you to get reading! Congratulations to last assembly's book prize winners: **Holly , Matt, Abby** and **AJ** .



# Numeracy

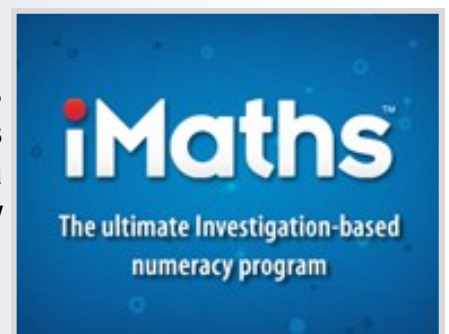
One of the best things parents can do to improve their children's math literacy and math knowledge is to regularly expose them to practical applications of math at home. What students observe, discover and learn outside the classroom helps develop their mathematical reasoning on their own.

This year at Medina you may have noticed your child talking about an investigation based Mathematics program they are following in class. iMaths is packed with multifaceted learning opportunities that consolidate math concepts and allow teachers to incorporate other areas of the curriculum into practical and engaging settings.

It may seem obvious, but two of the most important factors for improved classroom results are student engagement and teacher support.

iMaths uses investigations to engage students in real world mathematics and with the assistance from myself teachers are being supported to implement this engaging, differentiated and inclusive mathematics program.

In coming terms I will be hosting a 'Mad Maths Morning' across the school and parent café style workshops to engage parents with our mathematics program at Medina. You will be notified via our newsletter, Facebook account and also classroom See-Saw accounts.



## Strong and Smart

### DATES TO REMEMBER

**FRIDAY 15TH MARCH  
WELLBEING 4 KIDS**

**MONDAY 18TH MARCH  
SCHOOL BOARD MEETING 1:30 - 2:30**

**THURSDAY 21ST MARCH  
HARMONY DAY CELEBRATIONS  
ABORIGINAL COMMUNITY MORNING TEA  
9:40 - 10:40**

**FRIDAY 29TH MARCH  
WELLBEING 4 KIDS**

**MONDAY 1ST APRIL  
P&C AGM MEETING 9:00**

**FRIDAY 5TH APRIL  
WASO ASSEMBLY**



**THURSDAY 11TH APRIL  
EASTER HAT PARADE 1:30  
P&C EASTER RAFFLE DRAWN**

**FRIDAY 12TH APRIL  
WELLBEING 4 KIDS  
ASSEMBLY (KINECT 2 DANCE & SHOW CARE) 1:30**

## Aboriginal Community Morning Tea

Medina Primary School would like to extend a warm invitation to our Elders, Parents, Carers and Aboriginal Community Service Providers for a casual get together and complimentary morning tea.

Thursday 21st Mar @ 9:40am

We look forward to seeing you there!

## Fundraising

This year we are trying to maximise our fundraising efforts at Medina Primary School while creating a long lasting legacy for the students, parents, staff and their families both past and present. We are doing this through Design a Brick. These quality bricks will be laid as a path across our YAAGIN area and we would like to give you the opportunity to purchase one of these personalised engraved bricks. This would be a wonderful way to record your time @ MPS.

Please contact Mrs Cavanagh on 6174 1100 if you have any queries.



### Gilmore College Tour

To Be Held

## at Gilmore College

Our Principal Rohan Smith and members of our College Board personally welcome you to attend a Tour of the College on Thursday, 4 April at 9:00-10:30am.

College Tours provide prospective and current families the opportunity to visit the school during a normal day, visiting the places where learning and engagement take place and to provide you and your family with a true sense of Gilmore College. All members of the family are welcome to attend. The student leaders in particular are a great source of authentic information about what it means to be a Gilmore College student day to day.

Morning tea and a Question & Answer session will follow the tour in the College staff room. We will answer your questions honestly, explain our ethos and our passions.

RSVP Tour of the College essential before Monday 1 April to the Administration office on

08 6595 2700 or [gilmore.college@education.wa.edu.au](mailto:gilmore.college@education.wa.edu.au).



Gilmore College  
9.00-10.30 am  
Thursday 4 April 2019



Gilmore College Admin Office  
Dargin Place  
Orelia WA 6167  
Phone: 08 6595 2700

**Relevance, Rigour, Relationships**



We would like to thank our Sponsors:

CSBP, City of Kwinana, Alcoa, Kwinana Medical Centre, The Smith Family, Bunnings, Wirrapanda Foundation, Bank West, KOYA Organisation, WASO, Kwinana RSL, Lions Club of Kwinana

