



MEDINA MATTERS

Thursday 27
June 2019

Dear Parents, Carers and Community Members,

Assembly

Throughout the semester we have run the Wellbeing 4 Kids program for all our students. Wellbeing 4 Kids has provided a specialised wellness program for children. This program supports the development of healthy Minds and Healthy Bodies by supporting our students to develop confidence, resilience, focus, respect, teamwork and happiness. Our final assembly for this semester will be on Friday 5th July and will be hosted by Linda Bancroft from Wellbeing 4 Kids and our Student Leaders. We encourage all families to attend. This will be an opportunity for you to see and learn more about the program and this initiative we have implemented.

ASSEMBLY – FRIDAY 5th JULY – 8:40am until 9:30am – ALL ARE WELCOME

Camp

Our Year 5 and 6 students are very excited about going on camp next week. They will be going to the Kerem Adventure Camp from Monday 1st July until Wednesday 3rd July along with Mr Pitchford, Mrs Ware, Miss Reid and Mr Gonella. Not many schools are able to provide the opportunity for students to attend camp. At Medina Primary School we are incredibly fortunate to have staff that are willing to go above and beyond for our students. This is an absolutely wonderful experience for our students. We hope they have a great time and look forward to hearing all about their adventures upon their return.

Kindilink

At Medina Primary School we are incredibly fortunate to have a fantastic KindiLink program running. KindiLink provides an opportunity for 3 year olds to develop the necessary skills to support them in their transition to Kindergarten. The program operates from Yaagin Place at Medina Primary School on Mondays and Tuesdays from 8:45am until 11:45am. Kindilink is a pre-kindy stay and play program for Aboriginal children and their families. Siblings are very welcome. You can obtain more information about our Kindilink Program by contacting the school on 6174 1100.

Ngala Mini Makers Playgroup

We also have our Ngala facilitated playgroup for children up to 4 years of age. Our Mini Makers Playgroup runs every Friday morning from 8:45am – 10:15am from our Multipurpose Room. This week the children will be celebrating International Mud Day. Come along, wear your gum boots, a jacket and have fun exploring mud! Remember to bring a piece of fruit. We hope to see lots of families attending.

Reports

I have spent the last week reading over our students' reports. It has been encouraging to see the progress our students have made throughout the semester. Reports will be sent home on Thursday 4th July with the students. Please take the time to carefully read over your child's report. I would like to thank and acknowledge our staff for the work they have put into preparing the reports. Early next term we will have an Open Afternoon. This will provide an opportunity for parents and carers to come to the school and see the work their children are completing in classes. It will also provide an opportunity for parents to make an appointment with their child's teacher should they wish to discuss the student's report. More information about our Open Afternoon will be sent out early next term.

P and C Thank You

For the last few years our hard working P&C have been working tirelessly to raise funds so we can enclose our Undercover Area. We recently have a team from Projects out to draw up plans and provide a quote for the project. It is looking very likely that we will be able to proceed with our plans to enclose this area. We will keep you updated. A big thank you to the P&C for all the wonderful work they do at Medina Primary School.

Kindergarten Enrolments for 2020

Evidence tells us that a person's life successes, health and emotional wellbeing have their roots in early childhood. Kindergarten provides children with the opportunity to grow in their social/emotional development, develop a love of learning, build on their self-awareness, lay the foundations for academic learning and expose the students to new ideas and concepts. This is achieved through a play based learning program. We are currently taking Kindergarten enrolments for 2020. We would like to run two Kindergarten classes in 2020 but require 40 students to enrol. Enrolments for our 2020 kindergarten classes are now open and will run on a first in best dressed basis. Please see Mrs Cavanagh to collect your child's enrolment forms or for any questions you may have.

Holidays

The end of Term 2 is fast approaching. Students commence holidays on Monday 8th July and return to school on Tuesday 23rd July. We hope everyone has a well-deserved rest, an enjoyable break and returns to us ready to learn in Term 3.

Karen Davey
PRINCIPAL

School Vision

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.

HEALTH AND WELLBEING

SELF-MANAGEMENT

What is self-management?

Helping children to manage their emotions is important for developing positive mental health and well-being. Self-management is learning about your own feelings and emotions, understanding how and why they happen, recognising them and then developing effective ways of managing them.

Emotions include several components:

- physical responses e.g. increased heart rate
- feelings
- thoughts and judgements associated with feelings action signals such as; fight or flight

Children differ in the way they observe, respond and interact with the world around them. Some children have boundless energy while others are calm and quiet. Some children prefer variability and new experiences whereas others prefer regular routines.

Children can switch between moods, with some taking longer and needing more help than others to recover from being upset. Concentration spans also vary with some children sticking at tasks for longer than others.

Children with high levels of stress hormones (cortisol) may find it difficult to: sleep, concentrate, focus, express themselves, manage conflict, problem-solve and try new things.

Children develop self-management skills by watching and experiencing how other people manage their emotions. They then slowly learn how to do this for themselves.

Some of the ways you can support the development of your child's self-management skills are:

- talk about problem-solving ways of managing upsetting situations
- develop a strategy to use when they're feeling out of control e.g. having a calm thought or picture or talking to a parent or family member about how they are feeling
- provide alternative ways for them to express their emotions in productive ways e.g. drawing
- help children slow down their breathing and encourage them to take deep breaths
- practising mindful breathing
- show appropriate levels of emotion in your interactions with children
- understand your child's behaviour and how they communicate their emotions
- try to see things from your child's perspective
- Providing routines, and a relaxed and calming environment

It's important for children to learn how to manage their emotions. It helps them to feel more confident, capable and in control. It helps them to build stronger relationships with others, they are better able to pay attention, learn new things and can cope more easily with stress and disappointments.



TECHNOLOGIES

Recently the Education Department have updated their security measures in regards to the student iPads. With this in mind, I thought this was a good opportunity to bring up Cyber Safety.

How do we ensure students are being safe and responsible online?

Are you confident that your children are protected when they use technology at home?

Here are some tips to help keep your kids safe online >>>



10 INTERNET SAFETY TIPS FOR PARENTS

- 1** Don't block all access to technology. Help your child learn to use tech **safely and positively**.
- 2** Take an **interest** in your child's favourite apps or sites. Co-view or co-create at times.
- 3** Be the parent. You're in charge. Set **boundaries** and consider using filtering software.
- 4** Create a family media **agreement** with tech free zones such as cars, bedrooms, and meals.
- 5** Teach your child what **personal information** they should not reveal online (YAPPY acronym).
- 6** Help your child learn to **filter** information online and navigate fact from fiction.
- 7** Navigate digital **dilemmas** with your child. Avoid using devices as rewards or punishments.
- 8** **Balance** green time and screen time at home. Focus on basic developmental needs.
- 9** Don't support your child to sign up for sites with **age restrictions** (e.g. 13+) if they're underage.
- 10** **Learn more:** Explore reliable resources for parents so you can educate yourself.

PHYSICAL EDUCATION

INTERSCHOOL WINTER SPORTS CARNIVAL



Our Interschool Winter Sport carnival has concluded for another year. Each week 40 students from Medina Primary walked down to Thomas Oval to compete against other schools in the Kwinana district in Hockey, Netball and Soccer. It was extremely gratifying to be able to send not only year 6's to compete, but students from year 4 and 5 as well as two students from Year 3!

I'm honoured to say that our Hockey team finished undefeated for the season, with three wins and two draws. Our Soccer team was not quite as successful, although we showed a great development of skills and game knowledge. Our Netball team won multiple games over the six week period. Each of the teams held themselves to a noble account, considering we were often undersized coming up against school teams consisting of exclusively Year 6's. I am immensely proud of the sportsmanship and perseverance shown from each and every one of the Medina Inter School team students.

I'd like to thank Mr Pitchford for coaching our superstar Hockey team, Mrs Ware for coaching and umpiring both Netball teams and the unsung hero of the Interschool teams, Mrs Campbell for washing the team uniforms each week to ensure our students always looked the part.

Mr Gonnella

VISUAL ARTS

Hello fellow Artists. Art is plodding along nicely and our paper mache sculptures are almost done. The classes have been working really hard. As part of our Mindfulness and well-being program at Medina we have been creating Mindful Art where the children collaborate and work together without conflict or put downs to create a scene from imagination using warm and cool colours. As you can see there were some fabulous results. Next term we will be doing Textiles and Print Making. For these projects we will need lots and lots of material, ribbon, cloth, and wool yarn. The best material to use is T-shirt material as it is stretchy and is best for making dream catchers and mats. If you have any old T-Shirts you no longer want please bring them in for us to use. Congratulations to the Artists of the Week over the last 3 weeks: Pheora, Awhio, and Leeya.

"Creativity is contagious. Pass it on". Albert Einstein.

Have a fabulous day,
Ms Corina



Crescendo Catch-up

Wow! What an action packed Term 2 it has been for the students and teachers in WASO Crescendo music. With all of the students now settled back in for the year into our music class routine, we have been able to focus on learning lots of new songs, expanding on our music reading skills, collaborating our pitch and rhythm skills and most of all having fun while doing it!

On Sunday 19th May, the Year 5 students at North Parmelia Primary School and Medina Primary School, were invited by The Honourable Kim Beazley AC Governor of Western Australia to visit Government house for afternoon tea and a tour. They performed beautifully for the Governor and special guests. For the first time in the history of the Crescendo Music program, both schools came together, and sang "Gently the River" in 3 part harmony, without having rehearsed together. Even for a seasoned professional, this would be most difficult! Myself, Breanna, Griffin, Cass and Lily were all so very proud of the Year 5 students' performance and were impressed with their musicianship, respect and behaviour on the day. It was the most amazing afternoon and a fantastic representation of both schools!

Last week, all students at both schools, attended the WASO Primary School Concert 'Maximus Musicus Joins the Choir' at the Perth Concert Hall as part of Education Week+. Students listened to music from around the world performed by WASO and a children's choir and heard a story about the musical mouse who finds himself in the concert hall!

Term 2 has finished on such a "high note" and I hope that all of the students are motivated and inspired for a wonderful second half of the year in the Crescendo program.

Best wishes,
Michaela Ivory
WASO Crescendo Teaching Artist

CHAPLAIN'S CORNER

Dear Parent and Caregivers,

We have almost reached the end of Term 2!

This term started off a bit warmer (O how I miss those days) and for some, full of expectations for what's to come. In these past 2 and a half months you may have experienced some difficult times or overwhelming and just trying to keep up, you may have celebrated an occasion or received long awaited good news. Overall life happened and as the term comes to a close it is a perfect time to reflect on these past weeks.

What do you want to continue building on, what would you like to change in your life, what are you hoping for will happen and what can you do to make this a reality. Good or bad, all things pass and it is important to set new goals and make new promises to yourself and those around you. Reflecting helps you see how far you've come and allows you to reassess what you liked and didn't like about these past months. Changing future outcomes is in your hands.

With the school break being a long two weeks, some of you might be wondering. 'How I am going to keep these kids busy!'

Luckily Kwinana Council does have a July school holiday program. If you are interested in finding out what is on please visit their website:

<https://www.kwinana.wa.gov.au/our-services/youth-services/Youth-Activities-and-Programs/Pages>

or a hardcopy will be available in the office to take home. Also remember that any small activity can become an adventure.

Going for a nice walk and talking about nature, throwing a ball in the backyard. If it rains, have a picnic in your living room and make it exciting by building a tent using sheets. Undivided attention and patient understanding will teach and show your kids that they matter. On rainy days or on a tight budget know, that nothing will ever be more valuable than the quality time you spend with your child.

I hope you have a safe and restful school break to all staff, parents/caregivers and students.

Michelle Grobelaar, Chaplain



LITERACY

Key Area: Oral Language

Speech and Language Developmental Milestones

**Now that I am 4 years old...
I should be able to;**



Promoting Literacy
Development



Tips for Home

- Read stories and ask questions about the book.
- Encourage your child to retell stories using their own words.
- Make up stories using the pictures in books.
- Talk about past, present and future events with your child.
- Talk about what you are doing and ask your child to retell what you did together.
- Plan and rehearse your child's news prior to the school news telling day.

Causes for Concern

- A small vocabulary.
- Only uses short sentences or sentences with grammatical errors.
- Can not retell an event or simple story even with support.
- Difficulty following instructions.
- Difficulty understanding simple 'who', 'what' and 'where' questions.
- Child's speech is difficult to understand.
- Does not enjoy listening to stories.
- Short attention span.

Should you have any concerns about your child's development, consult a Speech Pathologist.

Understanding/Listening

- Follow 2-step unrelated instructions, eg: "Get your bag and put your shoes on."
- Follow instructions with up to 6 key words, eg: "Put the black box and the keys under Daddy's chair."
- Understand words such as 'yesterday' and 'tomorrow'
- Understand why and when
- Know colours and some numbers and shapes



Speaking

- Speak intelligibly with a few speech immaturities remaining
- Tell news with support
- Use basically adult like grammar
- Ask 'what', 'where' and 'why' questions
- Tell a long story, sing songs and retell a story
- Use future and past tense
- Use 'and', 'then', 'because' and 'but' in sentences

Play and Social Skills

- Make friends
- Use imaginary play
- Play simple games with rules
- Join in and start conversations
- Use an extensive vocabulary to express ideas and request information
- Enjoy social communication with a variety of people

PLD's programs that develop the above skills can be viewed by searching the codes: Mo4, AR35, 10m4, Pbr4, Sem4 on www.pld-literacy.org mail@pld-literacy.org Phone: +61 (08) 9227 0846

This information sheet can be downloaded and distributed providing PLD's logo and contact details are not removed.
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NUMERACY

MAD MATHS MORNING



Our MAD MATHS morning was a huge success.
Thank you to all the parents who came to support their children during this session and to Mrs Ware for all her hard work in putting it together and making sure it ran smoothly.

Strong and Smart

Dates to Remember

Monday 1st July
P&C Meeting @ 9:00am
Senior Camp Begins

Tuesday 2nd July
Senior Camp

Wednesday 3rd July
Senior Camp Finishes

Friday 5th July
Last Day of Term 2

Tuesday 23rd July
Term 3 Commences

Friday 26th July
NAIDOC Day & Assembly

DENTAL NEWS

PRE-PRIMARY ENROLMENT FORMS

We still have a lot of forms which have not been returned to the school. We issued new enrolment forms to all pre-primary students in March this year. Could you please fill them out and return to the school as soon as possible as we will be screening the pre's in third term. Many thanks.

The team at Medina Dental therapy Centre.



KINDY ENROLMENTS

KINDERGARTEN ENROLMENTS FOR 2020 ARE NOW OPEN!

Many kindergarten students missed out on places this year due to late enrolments. You can avoid this happening to your child in 2020 by getting your enrolments in now.

Please see Mrs Cavanagh at reception for your enrolment packs. Alternatively you can contact the school on 6174 1100 for any queries you may have.



SCHOOL NEWSLETTERS

As of Term 3, families and carers will no longer receive hard copies of our school newsletters.

Newsletters will only be available on our school website. The link to this site will be shared via Face Book and email when each new instalment has been released.

Thank you



Government of Western Australia
Child and Adolescent Health Service



FREE PARENTING SEMINARS

You are invited to attend the Triple P Seminar Series. You will learn practical, positive and effective ways to deal with common behavioural problems and ways to help your child achieve their best at school and in the future.

Parents are encouraged to attend all 3 seminars:

1. Children's behaviour - the tough part of parenting
2. Raising Confident Children
3. Raising Emotionally Resilient Children



The next **FREE** 3 week Series is held:

When: Starting Wed 7 Aug 2019

Location: Warnbro Recreation Centre

RSVP: Bookings are essential and places are limited.

Please visit healthywa.wa.gov.au/parentgroups to book your place.

To find other available programs visit our website
www.healthywa.wa.gov.au/parentgroups

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