MEDINA MATTERS

At Medina PS we C.A.R.E.

Thursday 29th August 2019

Dear Parents, Carers and Community Members,

It was wonderful seeing the students in their “colours” today and participating in our fundraiser. There were so many football, rugby and other sporting teams represented. However, I think the West Coast Eagles colours were most strongly represented by our students. This afternoon Brodie Riach from the West Coast Eagles came out to the school and worked with our Year 4,5 & 6’s students.

To have so many parents and family members come along to our Open Afternoon was lovely to see. The afternoon provided an opportunity to see the great work on display in the classrooms. Thank you also to those families that completed the Parent Feedback Survey during their visit. We will reflect on the feedback provided and use this information to underpin our planning for 2020.

I would like to also congratulate and acknowledge our Cross Country Team. They proudly represented Medina Primary School and gave their very best while completing a challenging cross country course. Our team won the Meritorious Shield! All students who competed on the day should be incredibly proud of their efforts. Thank you to Mr Holland for all of his work in preparing our students for the event and to Mr Foletta & Ms Little for their support on the day.

Karen Davey
PRINCIPAL

Our 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

SOCIAL AND EMOTIONAL LEARNING

At the core of the Friendly Schools Program is a focus on Social and Emotional Learning (SEL). Social and Emotional Learning is about developing empathy, and the skills to manage emotions, set goals, and develop healthy relationships. The focus areas for the Friendly Schools Programs are outlined below.

Self-awareness skills help us to recognise and understand our own feelings, thoughts and values, while valuing our own strengths and abilities. This involves:

- identifying our feelings and emotions
- understanding why we feel a certain way
- understanding strengths
- recognising and having self-confidence in our abilities

Self-management skills enable us to manage and regulate emotions and behaviour in appropriate ways. This includes:

- managing our emotions so we can effectively deal with situations and achieve our goals.
- working to achieve our goals despite challenges and difficulties

Social awareness skills help us to be aware and respectful of the feelings and perspectives of others. This involves:

- recognising other people's feelings
- understanding situations from another person's point of view
- accepting and valuing people who are different from ourselves

Relationship skills help us to deal positively with relationship problems and other social conflicts. These skills include:

- making friends and maintaining healthy relationships
- dealing effectively with negative social influences and conflicts
- seeking help to solve problems

Social decision-making skills help us to think about the consequences of our actions for ourselves and others, and make thoughtful, effective decisions. This involves:

- understanding how social situations make us feel
- considering the different choices we have and the positive and negative consequences of each of these choices when making a decision
- making positive choices while considering how these choices may affect ourselves and others

Throughout this semester all students from PP-Yr 6 will be working through these components during our weekly Friendly Schools sessions at Medina Primary School.

TECHNOLOGIES

WORD MANIA CHALLENGE

This month some classes have been participating in a competition called Word Mania. Word Mania is a word-building challenge in which the students are allocated 15 letters and have to come up with as many words as possible within a certain time period. The program is run through an app that can be downloaded on all iPads and android devices. The students have had a lot of fun completing the challenges and competing against one another. We are pleased to announce that both Room 11 and Room 17 have made the finals! Good luck to both classes who will be competing this week.

I.T Joke:

Don't use "beef stew" as a computer password. It's not stroganoff.

CHAPLAIN'S CORNER

Dear Parents and Caregivers,

We are halfway through the term and I hope you have been practising a positive attitude not only in how you talk but also the things you do.

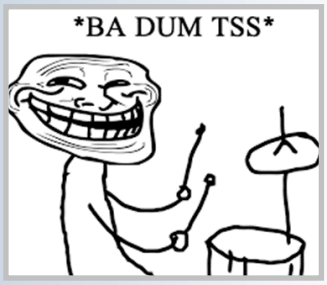
We are moving closer to spring and for some it could not come at a better time. If you are anything like me winter is not your favourite time of year. You might be experiencing a loss of interest, mood swings, irritability, sleepiness, anxiety or general discontent. Winter blues are very real and scientifically proven to exist.

Here are some tips to help fight the blues.

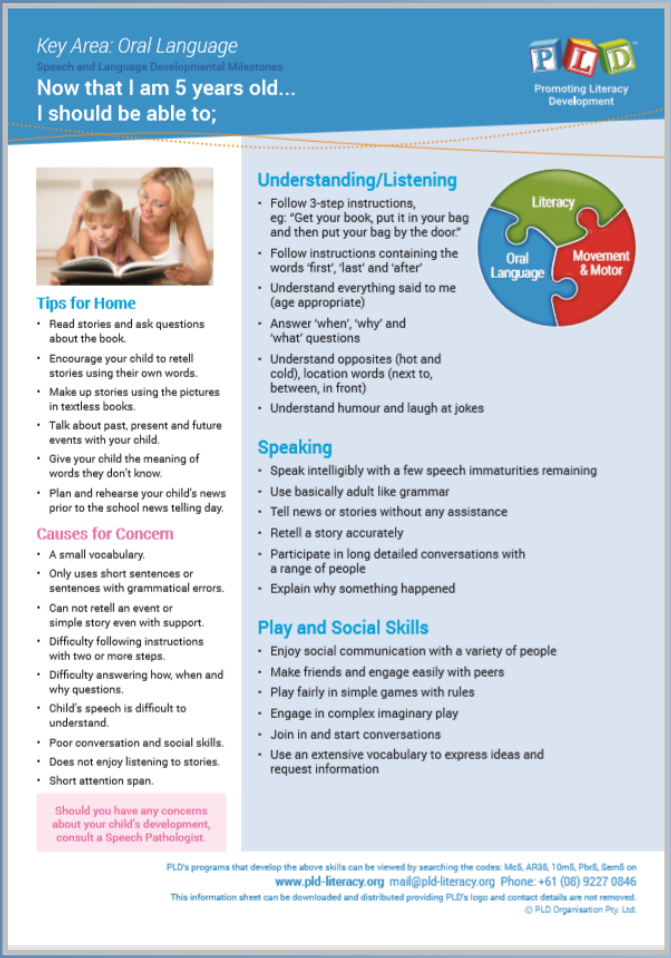
- Food is key. Good nutrition might be difficult to keep up when all we want is comfort on cold days but it is still important to have a balanced diet with an occasional chocolate treat.
- Natural light helps improve your mood so open up the curtains and blinds and get some sunshine and when it is a sunny day try to go for a walk and soak it up.
- This leads into the next tip –exercise. Even going for a quick 15 minute walk can improve you mood and on a consistent basis will improve mental and physical health.
- Turn on the tunes. Listening to music also improves a mood and has long term positive effects.

But of course nothing makes you feel better than a good laugh - boosting the immune system and decreasing stress hormones. Here are some hopefully funny jokes to brighten up your day.

- Q: What do you call a pig that does karate? A: A pork chop.
- What do you call a pony with a cough? A little hoarse
- What do you call a row of bunnies moving backwards? A receding hare line!
- Why was the paediatrician always losing his temper? Because he had little patients!
- What has more lives than a cat? A frog because it croaks every night.



LITERACY



Key Area: Oral Language

Speech and Language Developmental Milestones

Now that I am 5 years old...
I should be able to;

PLD 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 textless books.
- Talk about past, present and future events with your child.
- Give your child the meaning of words they don't know.
- 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 with two or more steps.
- Difficulty answering how, when and why questions.
- Child's speech is difficult to understand.
- Poor conversation and social skills.
- 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 3-step instructions, eg: "Get your book, put it in your bag and then put your bag by the door."
- Follow instructions containing the words 'first', 'last' and 'after'
- Understand everything said to me (age appropriate)
- Answer 'when', 'why' and 'what' questions
- Understand opposites (hot and cold), location words (next to, between, in front)
- Understand humour and laugh at jokes

Literacy / Oral Language / Movement & Motor

Speaking

- Speak intelligibly with a few speech immaturities remaining
- Use basically adult like grammar
- Tell news or stories without any assistance
- Retell a story accurately
- Participate in long detailed conversations with a range of people
- Explain why something happened

Play and Social Skills

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

PLD's programs that develop the above skills can be viewed by searching the codes: Mc5, AR35, 10m5, Pbr5, Sem5 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

Parent Information Session

Morning Tea/ Café Style

Come and join Mrs Ware and Miss Parsons for a free information session on useful iPad apps to assist your child's learning, handy hints to extend your child's mathematical knowledge and understanding all while having a coffee/tea/hot chocolate and a biscuit.

**Please feel free to bring your little ones as we will provide some toys to entertain them.*

Wednesday Week 9
Begins at 8:45am
in the Library

Strong and Smart

Dates to Remember

Friday 6th September
Room 11 Assembly

Tuesday 10th September
Music Viva Performance @ 12:00pm

Thursday 12th September
Are you ok? Day
BOOK FAIR

Friday 13th
BOOK FAIR

Tuesday 17th September
West Oz Wildlife Incursion Rm's 9 & 12

Friday 20th September
WASO Assembly
(Hosted by Student Leaders)

Swimming Lessons

In term swimming lessons will take place during Term 4.

Lessons will go for two weeks from Monday November 11th until Friday November 22nd.

Payments can now be made and will cost $33.00 per student.

For any question please contact Mrs Cavanagh on 6174 1100

Kindergarten 2020
Positions Available

We still have places available in our Kindergarten Program for 2020.

If you have children turning 4 years old before June 30th 2020 they are eligible to attend.

Please let your friends and neighbours know to come in and enrol as places do fill fast.

Happy 50th Birthday Sandra

Medina PRIMARY SCHOOL

KindiLink

KWINANA Federation of Schools
Empower Today, Succeed Tomorrow

With thanks to our sponsors:

City of Kwinana, Hon Roger Cook MLA, Alcoa, Kwinana Medical Centre, The Smith Family, Bunnings, The Wirrpanda Foundation, KOYA Organisation, WASO, Kwinana RSL, Lions Club of Kwinana

Child and Parent Centre
Calista

GOVERNMENT OF WESTERN AUSTRALIA

Raising Bi-lingual Children

This free session will cover frequently asked questions for families who speak more than one language including:

- Does speaking two or more languages confuse children?
- Should I speak my native language or English at home?
- What if my child doesn't speak English when they go to child care or school?

Get some great talking tips and activity ideas from your local Speech Pathologist!

Date: Tuesday 3 September 2019

Time: 9.30am to 10.30am

Venue: Child and Parent Centre Calista, Harlow Road.

Bookings for the workshop are essential.

Please email: calista@ngala.com.au or phone 9367 0960.

In partnership with Ngala Parenting with Confidence

Child and Parent Centre
Calista

GOVERNMENT OF WESTERN AUSTRALIA

Transition to School Part 3

A Collaborative Approach for Kwinana

Join our next forum to see what solutions champions from Kwinana Primary Schools, Early Learning and Care Centres, local families and community agencies have developed to enhance transition to school for Kwinana families. Provide your feedback and be part of the future implementation of the following projects:

- ✓ Transition to School Information Pack,
- ✓ Transition Statements and
- ✓ Collaborative Transition Programs.

Register for this forum to address NQS Quality Area 6 - Collaborative Partnerships

This forum is part of the Early Years Professional Learning Network. The network is designed for Kwinana Early Childhood Teachers and Educators. It offers a platform for professional learning and sharing of information. Network meetings are held every term on Tuesdays of week 8.

Date: Tuesday 10 September 2019
Time: 3.30pm to 5.30pm
Venue: Boronia Room,
John Wellard Community Centre – Kwinana

Free crèche for families

Registering for the workshop and crèche are essential.
Please email: calista@ngala.com.au or phone 9367 0960.

Supported by: Connecting Community for KIDS · Western Australia Early Learning

In partnership with Ngala Parenting with Confidence

ROCKINGHAM PCYC

JOEYS TERM 3 SCHEDULE

WEEK 1 JUL 22ND

TEAM BUILDING EXCERCISES

WEEK 2 JUL 29TH

FUN ACTIVITIES

WEEK 3 AUG 5TH

INDOOR SOCCER NIGHT

WEEK 4 AUG 12TH

AUSSIE PLANT AND ANIMAL QUIZ NIGHT

WEEK 5 AUG 19TH

POLICE RANGERS NIGHT

WEEK 6 AUG 26TH

BIKE MAINTENANCE EDUCATION

WEEK 7 SEPT 2ND

POLICE VISIT

WEEK 8 SEPT 9TH

CHARADES NIGHT

WEEK 9 SEPT 16TH

FORESHORE ADVENTURES AND FLAG WAR

ALL SESSIONS INCLUDE PARADING AT THE START BRING YOUR ENERGY KIDS!

WEEK 10 SEPT 23RD - END OF TERM FAMILY BARBEQUE AND ROLLERSKATING

SOUTH EASTERN FLAMES

HOLIDAY CAMP

10 OCT 2019

SERPENTINE JARRAHDALE
COMMUNITY RECREATION CENTRE

5-10YR OLD SKILLS SESSION

9-11AM | $30 PER PERSON

11-15YR OLD DEVELOPING SKILLS CAMP

11.30AM - 1.30PM | $30 PER PERSON

ROCKINGHAM HYUNDAI

SOUTH EASTERN FLAMES

FOR MORE INFORMATION OR TO REGISTER CONTACT
ADMINSEF@ROCKINGHAMFLAMES.COM.AU OR CALL 0428841503