



MEDINA MATTERS

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

Thursday 19th
September 2019

Dear Parents and Carers,

WASO Assembly

This year the WASO Crescendo Program won the **"Award for Excellence in Music Education"** at the 2019 Art Music Awards. We are so incredibly fortunate to have this program at Medina Primary School. We would like to congratulate the WASO staff on this incredible achievement. We would particularly like to acknowledge Griffin, Breanna and Michaela for the opportunities they provide for our students through the Crescendo program. We value and appreciate their dedication to our students.

Our assembly on Friday will provide our students with the opportunity to showcase what they have learnt through the Crescendo Program. Mrs Arnold's pre-primary students, Mr Hevron's year 2/3 students and our violin students will all be performing on Friday.

Merit Certificates, C.A.R.E. Certificates as well as Virtuoso awards - for excellent musicianship, participation in WASO classes and an excellent attitude to learning and the Concertmaster award – for an outstanding violinist who comes prepared to lessons and is enthusiastic about learning their violin will all be presented.

We look forward to seeing all our families, friends and community members at the assembly!

(Please see photos on the following page)

Thank You

At Medina Primary School we have a dedicated, caring staff who provide so many opportunities for our students. All of our staff regularly support all the students in our school by doing more than their role requires them to do. Often these 'extras' are completed quietly by staff and parents are unaware of the additional support that is provided for our students. This additional level of care provided by our staff adds value to our student learning and their educational experiences. I would sincerely like to acknowledge and thank the staff at Medina PS for all that they do for all our students.

Uniforms



Art-Club



Breakfast-Club



Coding-Club

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

On Thursday 12th September Medina Primary School took part in a range of whole school and classroom activities to recognise RU OK? Day. RU OK? Day is a national day of action dedicated to reminding everyone that any day is the day to ask, "Are you ok?" It is about looking after our friends and family when they are feeling down or struggling with life. Students have been learning about the importance of being a good friend and listener.

Students learned about using the four steps below to start an RU OK? conversation:

1. Ask R U OK?
2. Listen
3. Encourage action
4. Check in

Students from PP - Yr6 learned and performed the R U OK song? 'Together it's OK!' (R U OK?). Miss Parsons, our IT expert, then edited and combined class performances to create a whole school recording of the song.

The Health and Well-being Team organised a staff morning tea to promote the importance of looking after their health and well-being. The Health and Well-being team also wanted to acknowledge and recognise the efforts of our staff who do a fantastic job supporting and caring for the Health and Well-being of our students, families and the wider Medina Primary School community. Below are some links you can go to if you would like to access help or information regarding Mental Health and Well-being.

RU OK? <https://www.ruok.org.au/about-us>

Beyond Blue: <https://www.beyondblue.org.au/>

headspace: <https://headspace.org.au/contact-us/>

Lifeline: <https://www.lifeline.org.au>



ART NEWS



PROJECTS

These students have completed their Papier Mache sculptures and look how they turned out! Some are still working on their projects which are still not completed, and fingers crossed they will be finished soon!

WEAVING ON LOOMS

Room 16 (Waalitj) has been working on weaving textiles into a mat. They used a cardboard loom and a lot of patience and perseverance. Looks like it all paid off for these Medina Primary School students!

CONGRATULATIONS to our Artist of the Week winners for the last 3 weeks. Jaelyn Thiesera Room 16, Philip James Room 17, and Janakah Peters Room 17. **AWESOME!!**



WHATZ AAAART Next term our focus will be ceramics and clay. Once again Medina PS needs your support in gathering resources to create our projects. We need old tiles and I mean a lot of old tiles. We will be smashing these tiles to make mosaics. It is going to be so much fun! I will be supplying safety glasses for the tile smashing process but if you have some old spare safety glasses lying around (scratched is fine), that you would be willing to give, then please bring them on in. That's all for now. I hope you have a safe and productive break and I shall see you back in Term 4.

CHAPLAIN'S CORNER

Dear Parent and Caregivers,

Congratulations on surviving yet another term and welcome to springtime!

Springtime ushers in change and new beginnings and with this in mind I thought I would share some helpful advice that you can take on board or incorporate in your parenting style that you may find helpful.

Modelling and encouraging a **strong and healthy self-esteem** is really important, the words you use to describe yourself and your children shape what they think about themselves. If they do something wrong, be kind but firm, giving them boundaries yet not breaking down their own sense of self.

Physical affection is an important way to communicate love without using words; this leads to a positive relationship with touch and releases endorphins that not only make your child happy but you as well. It is also important to respect their personal boundaries if they do not like affection because this teaches them they have a say over their body.

Taking time to **communicate** with your child is very important. Sitting down without distractions and having a chat about their day, what they learned and how they are feeling will grow trust within your relationship and show them that they are a priority. Many kids that I work with act out in class or home because they want attention and sadly negative attention still gets them attention. Having conversations also helps them with their development of speech.

Have some fun with your kids, laughing and playing is so beneficial in fostering a stronger relationship and helps to grow their creativity by using their imagination. Most importantly don't be hard on yourself, **make time to take care of yourself**, healthy and happy parents are able to give and teach so make sure you look after yourself.

Just a reminder that if you would like to refer a child to me you can speak to your class teacher who will liaise with me or email at michelle.grobbelaar@youthcare.org.au.

Hope you have a great term break.



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 10
Begins at 8:45am
in the Library



Strong and Smart

Dates to Remember

*Friday 20th September
WASO Assembly
(hosted by student leaders)*

*Monday 23rd September
Lif Ed Van*

*Tuesday 24th September
Life Ed Van*

*Wednesday 25th September
Life Ed Van*

*Friday 27th September
Last day of Term 3*

*Tuesday 15th October
First day of Term 4*

Library News

WE NEED YOUR HELP

If you can spare your time helping to cover books for our school library then please come in and let us know.



*Medina PS would like to wish all students,
parents and carers a wonderful break!*

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*We look forward to seeing you once Term
4 commences on Tuesday 15th October.*

♪ ♪ CRESCENDO ♪ ♪

Term 3 has raced by and the students of the Crescendo Program have put their best efforts into learning and expanding their music this term. With a well-established routine, students have returned to class with enthusiasm, excitement and joy. This term has been jam-packed with new musical ideas, concepts and activities for all the students within the program.

The Crescendo Program uses a variety of activities to convey musical ideas and skills to students, from circle games and activities, to solo students putting a brave foot forward and demonstrating a newly learned skill. The Pre-Primary students have enjoyed a variety of games and activities to practise their in-tune singing, rhythm and listening. As the end of the year quickly approaches, these skills will form the foundation for the many new skills to come.

Year 1 students, having already laid the base-skills in the terms before, have excelled at singing new and exciting songs, attempting more complex rhythms and learning new notes. The song "Sansa Kroma" (a traditional song from Ghana) has helped students to practise their singing and beat-keeping skills at the same time. Term 3 has been challenging for the Year two students who have had a big focus on their first partner songs. The students are able to practise a difficult song and add complex partner actions through the fun song "A Sailor Went to Sea".

Year 3 students have been hard at work practising a song called "Sea Sickness". This song is sung in three different parts making it tricky as students have to listen to each other, stay in time and sing in tune. In addition to this, students are now earning their violin licenses. These licenses are attained by consistent demonstration of the Crescendo values in each and every lesson.

Year 4 students have been put through their paces and are expanding their singing, listening, writing and rhythm skills through songs such as "I Still Call Australia Home".

Last but not least, are the Year 5 students who are now learning advanced musical concepts and applying them to their music; more difficult rhythms and songs are among the many activities that students tackle with enthusiasm and a willingness to learn.

As the violin teacher, I see many of the Year 4 and 5 students in both WASO classroom music and violin lessons. The enthusiasm and determination that each student brings to violin is wonderful, and students have been working hard to progress their skills each and every lesson.

Term 3 has been an intense and rewarding time with much more to come in Term 4. I hope that students bring the same enthusiasm, dedication, determination and joy to the next term.

Griffin Wright, WASO Crescendo Teaching Artist, IMSS Instrumental Teacher

The logo for the West Australian Symphony Orchestra (WASO), featuring the letters "WASO" in a stylized, red, cursive font.

**West Australian
Symphony Orchestra**



With thanks to our sponsors:

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



TERM 4 2019 PARENTING WORKSHOPS

KEYS provide workshops to parents/carers with children aged between birth to 18 years living in the Kwinana, Rockingham, Cockburn, Melville and Fremantle regions.

Date	Day	Time	Program	Crèche	Location
15 th Oct	Tues	6:00pm – 8:00pm	Circle of Security Parenting (abbrev) (6 week program every Tuesday)	No	Calista Child & Parent Centre Harlow Rd Calista
25 th Oct	Fri	9:30am – 12 noon	Protective Behaviours Parenting (1 session)	Yes	Frank Konecny Room Upstairs Darius Wells Building Kwinana
29 th Oct	Tues	9:00am - 11:30am	1,2,3 Magic & Emotion Coaching (3 week program every Tuesday)	Yes	Westerly Family Centre 27 Westerly Way Cooloongup
30 th Oct	Wed	6:00pm – 8:00pm	Sensory Kids (1 Session)	No	Goodstart Early Learning 276 Eighty Road Baldivis
6 th Nov	Wed	6:15pm – 7:45pm	Understanding Sexual Behaviours (1 Session)	No	Tiny Tots Child Care Centre 1 Read Street Rockingham
15 th Nov	Fri	9:00am – 11:30am	Protective Behaviours Parenting (1 Session)	No	Mother Theresa Catholic College 731 Eighty Road Baldivis

Contact KEYS on 9439 1838 to register

Supported by



SOUTH WEST METROPOLITAN PARENTING PARTNERSHIP

New basketball competition in Kwinana

KWINANA BASKETBALL

Saturdays 12 noon to 5pm

Kwinana Recquatic Centre

18 October 2019 to 11 April 2020
School Terms only



Join as a team. All competitions dependant on numbers.

Further information can be found on rockinghamflames.com.au or by emailing admin@rockinghamflames.com.au.

Being A Parent

A course led by local parents, for local parents

CRECHE
AVAILABLE ...
BOOKINGS
ESSENTIAL!



Thursdays

10:00am - 12:00pm

Darius Wells Library and
Resource Centre

Commencing 17 October 2019

Fridays

9:30am - 11:30am

Child & Parent Centre
Harlow Road, Calista

Commencing 18 October 2019

Phone: 08 9439 1838 or Email: carolyn.mitchell@keyswa.org

