



MEDINA MATTERS

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

Thursday 21st
November 2019

Dear Parents, Carers and Community Members,

Ms Helen on Leave:

We wish Ms Helen all the best as she commences 5 weeks of Long Service Leave. We would like to thank Ms Helen for all her dedication and hard work this year. Cynthia Murray will be covering Ms Helen's class while she is on leave. We welcome Ms Murray to Medina Primary School.

Planning for 2020:

We are currently planning for 2020 and confirming student numbers and our staffing profile. Staffing at schools is directly linked to student numbers. Please advise us as soon as possible if your child/children will NOT be returning to Medina Primary School in 2020. We are currently creating class structures for 2020 so it is helpful to have accurate student numbers. Thank you for your assistance in relation to this. Book lists for students attending Medina Primary School in 2020 will be handed out with this newsletter.

Good Standing Excursion:

Mr Foletta is currently organising our end of year Good Standing Excursion to the Kwinana Adventure Playground. There is no cost for the students to attend. A note with full details will be sent home shortly. Parents are asked to sign the permission slip and return with the Medical Form by the due date. In order to attend this excursion, students must have both Good Standing and 85% attendance for Term 4.

Medina Harvest Feast:

Just a reminder, families are invited to attend the Medina Harvest Feast on Saturday 23 November from 5pm to 8pm. This event will be held under the big trees in the Medina shops car park. There will be an opportunity to share food, as well as a range of entertainment and activities. Our Student Leaders have been working with Steve De Meillon to create the table decorations for this event. Our students have also participated in a colouring competition and poster competition. Their work will be displayed at the event.

Term Planner:

Please remember to check the Term Planner on our website or our Facebook Page to ensure you keep to date with all of the events that are occurring this term.

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.

CHAPLAIN'S CORNER

As a Chaplain most of my work includes talking and listening to kids about how they feel, what is going on in their lives and how they are dealing with all of it. The most amazing thing I have learned while doing this work is that kids go through exactly the same emotions we as adults deal with.

They feel sadness and loss when a family member passes away, they hurt and feel confused when their family separates, they get anxious and stressed out, they feel embarrassed and self-conscious, questioning themselves and wondering what others are thinking of them, they feel joy doing their most favourite thing, and they love just as deeply as we do.

As is true for adults, kids will discover a range of emotions, some unfamiliar to them so they need to work out and understand it. This is when being parents gives you the opportunity to guide and teach them how to understand and navigate the feeling.

The first I want to talk about is feeling **self-conscious**, the value you put to the opinion of another will determine how much it affects you. Kids struggle with this. As part of growing up the acceptance of their peers becomes very important and also shapes their view of themselves. This is necessary to teach social norms but can be negative if they place too much emphasis on being accepted. If you can sense they become more introverted, shy, change their appearance or act differently they might be struggling with this. This is the time to check in on them and ask a few questions such as what they think of themselves, how they think others perceive them and how important these views are for them.

Talk to them about embracing all that makes them unique, share your own struggles with this and know you overcame it and most importantly, you help build up who they think they are so create a strong foundation so that they won't let others dictate who they should be.

Anxiety is also a common emotion both kids and adults feel. Anxiety is an already difficult emotion to deal with as an adult so children have a hard time identifying what the feeling is, understanding it and coping with it. Usually some external factor is causing the anxiety such as peer problems, struggling with school work, pressure to do well/ high self-expectation or a tumultuous home life. Here are some tips to help if you see your child struggling with anxiety.

Teach them the words they need to express their feelings and then just listen. Don't push them or force them to face the situation but use incentives and gradual exposure with support. Another problem could occur if you do everything for them or rush to help them before they feel anxious, this takes away their responsibility to cope and problem solve which will undermine their self-efficacy. Most importantly don't criticise them, just support and listen.

There is a time when anxiety moves from being a feeling they feel once in a while to it completely taking over your child's life. It is then when I would advise you to go to your GP and speak with him/her about more help.

To show that you truly
care, you listen.

Adora Svitak

Technologies Lego League Competition

On the 8th December our Coding Club students will be competing at this year's Lego League competition. Students will travel to Comet Bay College and compete against other schools in a series of tasks designed to test their coding and problem-solving skills. Our 'coders' have been working hard to develop their robotic skills as well as putting together a project that links with sustainability and construction. The students code a EV3 robot to perform a series of tasks as one of their challenges, present their project and throughout the day are tested on their team-building skills. Some of our coders attended last year's event but for many this will be their first time at the competition. We are aiming to send three teams and wish them the best of luck at this year's Lego League Competition.

A special mention must also go to the Smith Family and our wonderful volunteers, who without, this event would not be possible.



LITERACY

Key Area: Oral Language

Speech and Language Developmental Milestones

**Now that I am 7 years old...
I should be able to;**



Tips for Home

- Encourage your child to ring grandparents or good friends and tell them about events that have occurred.
- Encourage your child to retell you their school reader without reading the words, but remembering what happened.
- Ask your child to tell you what they did at school.
- Encourage your child to ask you when they don't know the meaning of a word.
- Talk a lot about events that have happened, giving detail and emphasise the sequence of events.

Causes for Concern

- Your child uses very short sentences.
- Your child makes regular grammatical errors such as when talking about he/she, things that have already happened eg. I runned...
- Difficulty expressing themselves to that others understand their story.
- Child's speech contains articulation errors.
- Does not sit and happily listen to a story.
- Has trouble following instructions and regularly forgetting what they were asked to do.
- Finds it very difficult to have a conversation with an adult and needs constant prompting.

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

Understanding/Listening

- Sit and listen to a chapter of a story book which has no illustrations
- Show interest and be engaged for a long class-based mat session
- Follow a series of complex instructions independently over a period of time
- Show interest and focus when an adult explaining rules or information to a group of people



Speaking

- Speak with no articulation or speech sound errors
- Use language which contains few or no grammatical errors
- Provide very detailed answers to questions about things I have done
- Easily explain reasons for things happening
- Retell a story without the need for someone to prompt me along the way
- Generate ideas and sentences which can be translated into written tasks without prompting
- Tell event based news which is clear and detailed without any prompting

Play and Social Skills

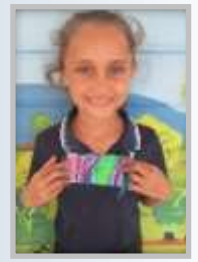
- Make up complex games and communicate with peers to play the game
- Enjoy conversation with adults and children and be able to maintain a conversation with someone about a topic that is not chosen by me
- Use words to explain emotions such as anger, sadness, worry rather than physical actions

PLD's programs that develop the above skills can be viewed by searching the codes: M65, M68, CC68, CC67, CC62 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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ART NEWS



These Medina Artists have completed their art projects. Little fingers and hands working hard and creating individually unique pieces of work. We have so much talent and creativity at Medina Primary School.

TILES MOSAICS

**Room 10
Mosaic Tiles**



**Room 11
Mosaic Tiles**



Room 12



WHATZ-AAART???

We need jars
with lids, tin cans,
plastic or metal
containers with
lids.

Medina PS wants
your recyclables
to create master
pieces so please
HELP
our artists shine.

Medina art students have been creating mosaic pieces this term. The children are tapping in to their knowledge of pattern, colour and texture to produce some amazing art. These tiles will be sealed and displayed around the school.

ABSTRACT PORTRAITS Room 12 & Room 17



ARTIST OF THE WEEK

Congratulation to our winners Arihia, room 15 and Miyah, room 17. They have earned their title by the high standard of work they have submitted and for their responsible use of materials, the safe use of tools and applicators, and the organization and cleaning up of work areas and production materials.

You are both AMAZING!



Health and Wellbeing

Friendly Schools

Social development occurs throughout life and explains how we recognise, interpret and respond to social situations. Healthy social development is a known protective factor for children and young people's mental health and wellbeing.

Friendships and relationships with other children become more important to children as they grow. Social development strategies in learning communities and the broader community help children learn and enjoy getting along with others.

In order for students to develop positive relationships students they need:

- opportunities for social interaction
- active participation and meaningful engagement with others including family members, educators and peers
- to learn social skills through guidance and modelling in daily informal interactions and incidental opportunities, as well as planned teaching which might include participation in social skills programs
- recognition and reinforcement when positive social interaction occurs.

During the past couple of weeks' students in Rooms 11 & 12 have been learning how to build positive relationships and friendships with their peers during our Friendly Schools sessions. They have been learning about the importance of 'working cooperatively' and the value of 'teamwork'. During our sessions students have listened to stories where the characters in the stories encounter a dilemma or problem and in order to successfully complete a task they have to cooperate and work as a team. Students have taken part in activities where they have been required to share, problem solve and work as a team to complete a range of different tasks for example; jigsaw puzzles, grouping and classifying. Students also worked in groups and were asked to identify their individual strengths and skills and then shared these with the whole class. Students discovered how their classmates might be able to use their special skills to help the class to achieve common goals. It has been wonderful to watch our year one and two students discussing, sharing and working cooperatively during our Friendly Schools lessons to complete activities. I have been impressed by how they have tackled challenges and problems to achieve a common goal.

DATES TO REMEMBER

Friday 22nd November
Last day of Swimming Lessons

Friday 29th November
Room 10 Assembly
Perth Symphony Orchestra

Wednesday 4th December
WASO EOY Concert @ 9:30am

Friday 6th December
Brick Paving Official Opening

Monday 9th December
School Board Meeting @ 1:30pm

Wednesday 11th December
Volunteers/Sponsors Morning Tea

Friday 13th December
Book Awards Assembly
Reward Day @ the Kwinana Adventure Park

Wednesday 18th December
Graduation Ceremony

Thursday 19th December
Last Day of School



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

**FREE
EVENT**

The Medina Resident Group presents the

Medina Harvest Feast

5pm to 8pm, Saturday 23 November

Under the big trees in the Medina shops car park

Join us to celebrate locally grown food with a shared dinner, activities and entertainment. 

Bring along a plate to share, and where you can, try use some home grown ingredients. Salads and dips will be provided.

Some of the Medina shops are staying open for the event, including Jo's Art House, Medina Fish & Chips and the Green Barista serving coffee, tea and sweets.

In addition to sharing food, there will be a range of entertainment and activities.

Visit **WHATSON.KWINANA.WA.GOV.AU** for more information.

grow it local

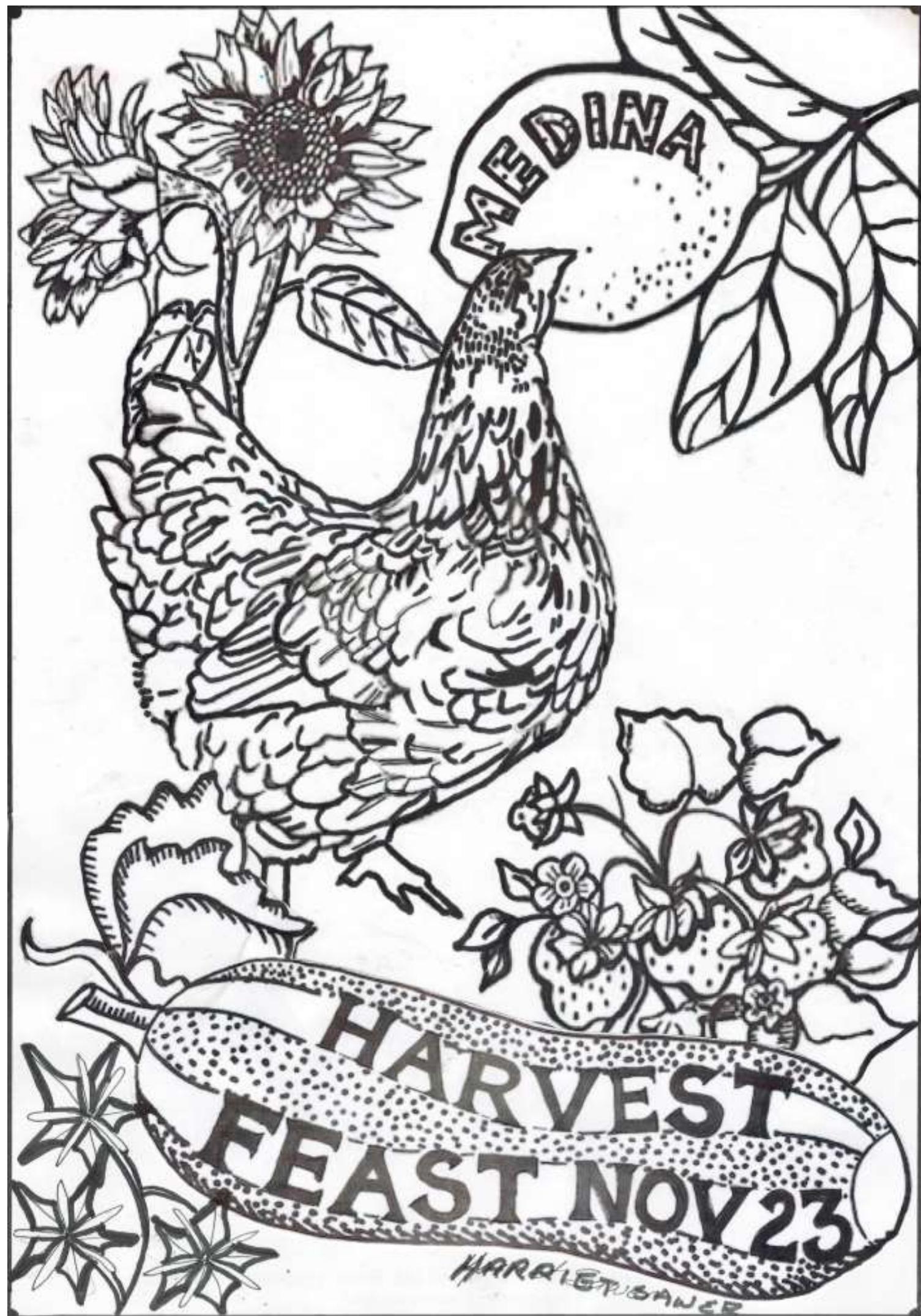
Medina
residents group

chorus

Flavour
Cook



ALCOHOL AND SMOKE FREE EVENT.



2019 Education & Community Engagement



CRESCENDO END OF YEAR CONCERT

Crescendo End of Year Concert

Dear Parents/Carers,

You are warmly invited to see your child perform at the End of Year Concert for Crescendo, our El Sistema-inspired Music Education Program. Join staff and guests from the West Australian Symphony Orchestra, the Teaching Artists who deliver our program, and staff from Medina Primary School to celebrate a year of Crescendo music. The Concert will be followed by morning tea.

DATE: Wednesday 4 December

TIME: 9.30 – 10.30am

WHERE: Undercover assembly area
Medina Primary School

**We look forward to celebrating
a fantastic year of music with you.**

*For more information please contact Lily Protter,
Community Engagement Coordinator on 9326 0002.*



Peter Farrow
Foundation

Crescendo
Giving Circle

FEILMAN
FOUNDATION

The Stan Peres
Charitable Foundation

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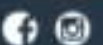
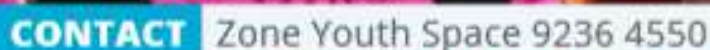
Burns
Family

West Australian
Symphony Orchestra

The logo for Wesfarmers Arts, featuring a stylized crown icon above the text 'Wesfarmers Arts' and 'Principal Partner' below it.
Wesfarmers Arts
Principal Partner



AT ZONE YOUTH SPACE



Admin hours: Mon-Fri 9am-5pm | Cashier hours: Mon-Fri 9am-4pm



TERM 1 2020 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
12 th Feb	Wed	6:00pm–8:30pm	1,2,3 Magic & Emotion Coaching (3 week program every Wednesday)	No	Calista Child & Parent Centre Harlow Rd Calista
14 th Feb	Fri	9:00am–11:00am	Circle of Security Parenting (8 week program every Friday)	Yes	Westerly Family Centre 27 Westerly Way Cooloongup
18 th Feb	Tues	12:30pm–2:30pm	Sensory Kids (1 Session)	Yes	East Waikiki Child Parent Centre Cnr Carnegie Loop & Murchison Rd Cooloongup
25 th Feb	Tues	12:30pm–2:30pm	Safe Play Understanding & responding to sexual Behaviours in children (1 Session)	Yes	East Waikiki Child Parent Centre Cnr Carnegie Loop & Murchison Rd Cooloongup
28 th Feb	Fri	12 noon–2:30pm	Protective Behaviours Parenting (1 Session)	No	Mother Teresa Catholic College 731 Eighty Road Baldivis
16 th Mar	Mon	12 noon–2:00pm	Safe Play Understanding & responding to Sexual Behaviours in Children (1 Session)	Yes	Calista Child & Parent Centre Harlow Rd Calista
25 th Mar	Wed	9:00am–11:00am	Sensory Kids TBC (1 Session)	TBC	Wellard TBC
31 st Mar	Tues	12:30pm–2:30pm	Bullying No Way TBC (1 Session)	TBC	Hillman TBC
8 th April	Wed	6:00pm–8:00pm	Bullying No Way (1 Session)	No	Calista Child & Parent Centre Harlow Rd Calista

Contact KEYS on 9439 1838 to register



SOUTH WEST METROPOLITAN PARENTING PARTNERSHIP



Child and Parent Centre
Calista



Successful Toileting

for families with children over 3.5 years

This workshop explores the issues of acquiring toileting skills for children over 3.5 years. Join this workshop to:

- ✓ Understand different behaviours commonly faced during toilet training.
- ✓ Understand reasons for these behaviours.
- ✓ Support and coach your child from nappies to underpants in a positive learning environment.

This workshop is being delivered by a Ngala Child Health Nurse.

Date: Monday 25 November 2019

Time: 12.00pm to 2.00pm

Venue: Child and Parent Centre Calista

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