



ISSUE # 25
TERM 3, WEEK 5
16 August 2018

MC link

Merredin College Weekly Community Update



Message from the Principal.....

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NAIDOC—NOTE OF APPRECIATION

On behalf of all staff and students, I would like to thank Collgar Wind Farm and the Merredin Shire Council who so generously sponsored our NAIDOC week activities. The week was a huge success thanks to the efforts of our organising committee: - Mrs Chrissi Smith, Mrs Jeno Hayden, Mrs Barb Smith and Mr Jarrad Ritchie. They were well supported by our teaching and non-teaching staff who put 110% into the week's activities. We also appreciate the wonderful support of the wider community who made Friday, in particular, an excellent day.



2019 STUDENT NUMBERS

Now is the time of the year when we start planning for 2019. In order to do that, we need firm student numbers so that we can plan for the number of teachers we may need. For example, do we run one or two Kindergarten classes? This is an area where we often think we need one class but because parents do not enrol their children now, it often turns into two classes. You can help us by ensuring that you let us know if your child/ren will be leaving or if you know of someone who will be attending our school in 2019 who is not currently enrolled.

SECONDARY Link

EARNING THE RIGHT TO ATTEND EXTRACURRICULAR ACTIVITIES

We are nearly at the end of Week 4 in Term 3. Semester 2 has well and truly begun! Staff have certain expectations of our Student Leaders and those who wish to attend extracurricular activities. Please read the information on the next page since your child's inclusion depends upon a number of factors including:

- The wearing of school uniform
- Attendance
- Good Standing
- Work completion

There are a large number of Year 12 students at risk of not being invited to the final day morning tea and Year 12 Awards night because they have not met the prerequisites. Please refer to table overleaf. Parents of Year 12 students who have concerns should contact Miss Beale for clarification about their child's status. It is not too late for some to earn the right to attend.

Our PBS Values Focus

Each week the College will focus on aspects of our PBS expectations. The information will be provided to students on classroom doors. Parents are encouraged to support the College in promoting these values at home.

The PBS focuses for Week 6, Term 3 are:

PRIMARY

We are **RESPECTFUL** in Outside Areas

WE ARE RESPECTFUL BY GREETING OTHERS POLITELY

SECONDARY

We are **CARING** in Technology

WE ARE CARING BY BEING CAREFUL WITH TECHNOLOGY IN THE SCHOOL

We are carin**G**, we are **R**espectful, we are Respo**n**sible, **W**e strive to succeed!

G
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W

SECONDARY *Link Cont'd.....*

Year Group	School Uniform	Attendance*	Good Standing (GS)	Penalty
All student leaders (Middle School Councillors and Year 11 Student Councillors)	Should be in school uniform as they are our role models	At least 90%	Cannot lose GS. Must also ensure all school work is completed and handed in.	Loss of badge
2018 Year 9 Canberra students	Should be in school uniform	At least 90%	Cannot lose GS. Must also ensure all school work is completed and handed in.	May be withdrawn from Canberra Camp
2019 Year 9 Canberra students (current Years 8's)	Should be in school uniform	At least 90%	Cannot lose GS. Must also ensure all school work is completed and handed in.	May not be offered a place on the 2019 Canberra Camp
2018 Year 9-11	Should be in school uniform	At least 90%	If lose GS, in S2 2018 student must earn back by the end of 2018. Cannot lose GS in 2019.	May not be allowed to attend the School Ball in 2019
2018 Year 12	Should be in school uniform	At least 90%	Cannot lose GS in S2. Must also ensure all school work is completed and handed in.	May not be allowed to attend the Year 12 Awards Night

THE CANBERRA CAMP IS FINALLY HERE!

Next week (18-24 August 2018), twenty nine Year 9 students will travel to Sydney and then onto Canberra in the much anticipated Canberra Camp. They will be accompanied by Ms Cath Flynn, Mr Gerard Rennie and Mr Tom James. We congratulate the students who have earned the right to attend and thank Ms Flynn for all of the work she has put into organising the week. We wish them a safe and enjoyable week and look forward to the Canberra Presentation Night on 4 September when students will tell us all about the week! Our current Year 8s will shortly receive a letter inviting them to apply for the 2019 Canberra Camp. Only those students who have met the criteria outlined in the table above will be invited to apply.

BIBBULMUN TRACK EXCURSION

Miss Alyce Rogerson, Mrs Bronwyn McKane (our Chaplain) and Miss Meagan Harrod will escort ten Year 10 girls on the Bibbulmun Track next week. This will take place from Monday 20 August to Thursday 24 August. We are indebted to Miss Rogerson who has done all of the organisation. Thanks also to Mrs Jeni Hayden and Mr Brett Postans who have agreed to drive the bus.

MECKERING CROSS COUNTRY

A group of 19 students from Years 4 to 10 will be representing the College at this year's Meckering Cross Country Championships on Friday 17 August 2017. These students were chosen as a result of their excellent performance at our House Cross Country Carnival late in Term 2. Students involved have been given permission forms. These are due to be returned to Student Services by 16 August 2018.

YEAR 10 ENGLISH EXCURSION—PERTH

On 18 August Mr. Baltovich's Year 10.1 English class will attend the historic His Majesty's Theatre in Perth to view the screenplay adaptation of Mark Haddon's famous novel 'The Curious Incident of the Dog in the Night-time'. Students have been reading and studying the novel in class, which tells the adventure of an autistic 15 year old boy named Christopher Boone, as he uncovers the mystery of who killed the next door neighbour's dog, whilst stumbling upon some much more dramatic secrets. We look forward to attending and greatly appreciate the support of the Merredin College P&C.

YEAR 11/12 VOLLEYBALL SCHOOLS CUP

In Week 6 (24-25 August) our Year 11-12 Volleyball Specialist teams will be traveling to Perth to compete in the Schools' Cup competition for the second year in a row. Our players have been training twice per week out of school hours to prepare for the competition. We have been nominated to compete in the A-grade against Perth's top specialist schools including; Gilmore College, St Norberts, Prendiville, Mandurah Baptist and Dalyellup.

We sincerely thank our players' parents for giving up their time and for funding a trip to Perth including accommodation over the two day event. Good luck Merredin College!

SECONDARY *Link Cont'd.....*

DAFFODIL DAY FUNDRAISER

Daffodil Day is held on 24 August. To raise funds for the Cancer Council, Merredin College will be requesting students to "Dress in Yellow" and donate a gold coin on this day.

Cupcakes will also be available for sale on the day outside the Home Economics room at lunchtime. Through your donation, Cancer Council will continue to invest in ground breaking research that one day could save the life of someone you love.

UNIFORMS

A reminder to parents that should students present to school more than 5 times with incorrect uniform or inappropriate clothing they will lose their Good Standing. As it is now Semester 2, students who lose their 'Good Standing' will also forfeit their right to attend major school events in 2019 such as the school ball, Canberra Excursion and Country Week.

Please note that denim, tights and black pants are NOT ACCEPTABLE. Shorts should be an appropriate length – for example mid-thigh length and no shorter than school jumpers. Long sleeves and hoodies showing underneath polos are also not acceptable.

Country Week polos are also not a school uniform item. Approved polos are now available for purchase from the uniform shop which is open every Tuesday 10.30am-3.30pm.

NEW CAREERS WEBSITE

Job Jumpstart (<https://www.jobjumpstart.gov.au/>) is an Australian Government website created to assist with job searching and building employability skills.

Job Jumpstart offers a range of support for young job seekers and workers and their parents, teachers and advisers. It includes printable workbooks and tip sheets, recruitment insights from Australian employers, and information and links to Government resources. Information and resources are provided to help:

- learn about the different ways to contact employers about jobs
- explore the jobs and industries that might suit
- understand how to develop skills and build experience
- learn how to make a job application stand out to employers
- to adjust to the workforce and understand workplace rights and responsibilities.

EXPRESSIONS OF INTEREST ARE BEING ACCEPTED TO BE CONSIDERED FOR SPECIAL 5 DAY LEADERSHIP VOYAGE FROM FREMANTLE

This voyage is offered at the special fare of \$1,500.

As a Leeuwin voyage participant (or trainee) you'll be allocated to a team (or watch as they are known on ships). There'll be opportunities to climb the rigging, set sails, steer the ship and see the sky like you've never seen it before as you take part in night

watch routines. You'll make new friends and memories to last a lifetime. You'll acquire new skills, experience teamwork and leadership in a totally new environment. You'll be challenged and you'll be exhilarated.

At the same time, you may **earn 1 unit towards your WACE** and your voyage may be entered on your **WA Statement of Student Achievement**. For Year 12 students, this is the last chance to earn a WACE unit before graduation and get another great achievement registered on your WASSA – ready for your next step.

A Leeuwin voyage is an achievement to be proud of! You'll learn a lot about yourself and do things you didn't think were possible – come on board and get your school holidays off to an amazing start.

Closing date for Expressions of Interest is **22 August 2018**. Find out more about Leeuwin Ocean Adventure at: www.sailleeuwin.com



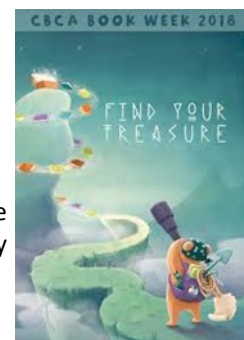
PRIMARY *Link*



BOOK WEEK

Book week is next week. Classroom teachers have activities planned throughout the week and we will be having a 'Read In' on Monday 20 August after our Monday Meeting. In addition a Book Week Dress Up Day and Parade will occur on Friday 24 August. The theme for this year is *"Find your Treasure"*.

Got a question about this? Mrs Amelia Baltovich (Acting Deputy Principal/Year 6 Teacher)



PRIMARY *Link Contd*

ONE BIG VOICE

Mrs Caryn Adamson and the College Choir will be heading to Perth on Friday 17 August, to participate in the One Big Voice performance at Perth Arena. We wish Mrs Adamson and the Choir the best of luck.

Got a question about this? Mrs Amelia Baltovich (Acting Deputy Principal/Year 6 Teacher)

PRIMARY ATHLETICS CARNIVAL

The Primary Athletics Carnival will be held on Friday 31 August. The Jumps and Throws will be held on Tuesday 28 August. Students are reminded to wear appropriate foot wear and their House shirt on both of these days. Notes will be going home soon requesting volunteers for these two days.

Got a question about this? Miss Kylie Bryant or Mrs Zane Walker (Physical Education Teachers)

SAVE THE DATE

Technology Showcase: Thursday 6 September 10am – 12.30pm

Got a question about this? Mrs Amelia Baltovich (Acting Deputy Principal/Year 6 Teacher)

TRIPLE P—THE POWER OF POSITIVE PARENTING

In Term 2 Merredin College held Triple P seminars for parents. These seminars offered tips and ideas to help raise happy and confident kids; see more of the behaviours you like and less of the ones you don't; and have better relationships with your family. Each week we will be sharing with you a tip from one of the aspects of the Triple P Program.

Taking care of yourself as a parent

Parenting is easier when parents' personal needs for support, companionship, recreation and time alone are being met. Being a good parent does not mean that your child should completely dominate your life. If your own needs as an adult are being met, it is much easier to be patient, consistent and available to your child.

Here are some ideas to help you look after yourself.

Talk back to negative thinking

Parenting is affected by emotions. It is harder to be calm and consistent with children when you are feeling stressed, angry, depressed or anxious. Our emotions are strongly influenced by the way we think about things. We can change the way we feel (and act) by challenging unhelpful ways of thinking.

Take notice of the times you are feeling upset with your child. Identify what negative (unhelpful) things you are saying to yourself about the situation, particularly the reason you think the problem is happening, such as *He's doing that deliberately to upset me*. Blaming your child for the problem increases the chance that you will become angry and say or do something you will regret.

Try to change negative thoughts to helpful, more rational thoughts; for example, *Maybe he's bored when I'm on the phone. I must help him find something to do*.

Work as a team

Parenting is easier when parents and carers work as a team and back each other up. Talk about daily experiences with your child to keep each other informed and involved.

Discuss who does what around the house and try to share the workload fairly.

So your child knows what to expect, reach agreement between carers on methods of discipline, and back each other up.

Help children learn to solve problems by using problem solving skills yourself.

Got a question about this? Mrs Jane Patroni (Kindy Teacher)

Useful Links:

Uniform Shop:
<http://merredincollege.wa.edu.au/uniform/>

Canteen Menu:
<http://merredincollege.wa.edu.au/canteen/>

Latest News & Events:
<http://merredincollege.wa.edu.au/canteen/>

Save the Date:

16 August

Primary Assembly Period 1

17 August

Meckering X Country
One Big Voice

18 August

Yr 10.1 English Class
Excursion to Perth


19-24 August

Canberra Camp

20-23 August

Bibbulmun Trek

TERM PLANNER:

	Monday	Tuesday	Wednesday	Thursday	Friday
5	13 SCIENCE WEEK	14 *SEN Community Engagement Program P.1-4	15 *Musica Viva-P.3 *Yr5/6 Excursion <i>Early Close 2.3 PBS Mtg</i>	16 *Primary Assembly P.1 (Has Got Talent Assembly)	17 *Meckering X Country *One Big Voice
6 	20 CANBERRA CAMP BOOK WEEK *Bibbulmun Trek(Girls)	21 CANBERRA CAMP *Bibbulmun Trek(Girls) *SEN Community Engagement Program P.1-4 *Merredin Residential College Awards-4.00pm	22 CANBERRA CAMP *Bibbulmun Trek(Girls) <i>Early Close 2.30pm</i>	23 CANBERRA CAMP *Bibbulmun Trek(Girls)	24 CANBERRA CAMP *State Volleyball Cup Yr 11/12 *Book Week Dress Up-Primary *Daffodil-Dress in Yellow Fundraiser-Secondary
7	27 *OLNA *Yr7/8 Girls & Yr10 Girls/ Boys Netball Cup(Northam)	28 *Primary Jumps & Throws *OLNA *AIM Indigenous Mentoring-11am Yr7-10 (Rm18) *SEN Community Engagement Program P.1-4	29 DOWERIN FIELD DAY *OLNA *Yr 2 Excursion <i>Early Close 2.30pm</i>	30 DOWERIN FIELD DAY *OLNA	31 *Primary Athletics Carnival *OLNA

COME AND JOIN US FOR OUR HAVE A GO DAY

Tuesday 21st August @ 4.00pm at the
Merredin Regional Community and Leisure Centre



MERREDIN
LITTLE
ATHLETICS

REGISTRATION 2018

- SHORTER SEASON
- NEW PROGRAMS
- NEW AGE GROUPS
ALIGNED WITH YEAR OF BIRTH
- KIDSPORT REGISTERED
- ONLINE REGISTRATION
COMING SOON

- Start Date: Tuesday 28th August
Set-up 3.30pm for 4pm Start

Contact us:

merredinlittleathletics@gmail.com

Sonya McCormack 0400 891 837



Merredin & Districts Little Athletics Centre (MDLAC)

P.O. Box 673

MERREDIN WA 6415





Stepping Stones Triple P Positive Parenting Seminars – For Parents of Children with A Disability

If your child has a particular behaviour or developmental problem that is making family life more difficult than it should be, then Stepping Stones Triple P (SSTP) can help.

Stepping Stones Triple P is part of the Triple P parenting program, and has been specially tailored for parents of children with a disability. It doesn't tell you *how* to be a parent. It's more like a toolbox of ideas. You choose the strategies you need. You choose the way you want to use them. It's all about making it work for you.

This **free** Stepping Stones Triple P Seminar is open to all parents and will help you:

- Raise happy, confident kids
- Manage misbehaviour so everyone in the family enjoys life more
- Set rules and routines that everyone respects and follows
- Encourage behaviour you like
- Take care of yourself as a parent
- Feel confident you're doing the right thing
- Take part in community events
- Develop plans for tricky situations

Positive parenting is based on strong, nurturing relationships, good communication and positive attention.

Seminar 1: Positive Parenting for Parents of Children with a Disability

This seminar introduces parents to the seven key steps to positive parenting for parents of children with a disability:

1. Create a safe, interesting environment
2. Have a positive learning environment
3. Use assertive discipline
4. Adapt to having a child with a disability
5. Have realistic expectations
6. Be part of the community
7. Take care of yourself as a parent

The Seminar includes a 90 minute presentation with time for open discussion and question time.

Parents who have attended these seminars previously report that they feel more confident, less angry and less stressed. It also helped to promote their child's development. Now that's positive!

DATE	Tuesday 21 August
TIME	11am – 1pm
VENUE	Merredin CRC Conference Room
COST	Free
BOOKINGS	Register online at https://www.triplep-parenting.net.au/wa or contact Jeni on 0447 622 736



LEARN TO PLAY SOCCER!

Club/Organisation: MERREDIN SOCCER CLUB

Venue: TURF AT MRC&LC / ALL AGES WELCOME!

Start date: SUNDAY 19 AUG 3.30PM - 5 WEEKS

Price: \$50(EXISTING). \$60 (NEW). \$10 CASUAL

Contact: 0400707770. FIND US ON FACEBOOK



Participant Pack includes:
Ball, Boot Bag,
Shin Pads, Water Bottle
& Sticker Sheet

REGISTER
miniroos.com.au





Playgroup

Amity Health - Kids Health Link Program
Children 0-5 years

Thursdays and Fridays
10.00am to 12.00pm
Merredin College – Block 1 Room 4

Kids learn through play!

Everyone is welcome for a morning
Filled with activities, healthy fruit
Story time and outdoor play!

Contact: Emma or Sonya
PH: 90 410 962



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YOUNG PROFESSIONALS



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187 Brougham Place, North Adelaide SA 5006
(08) 8267 1478
info@stannscollge.edu.au

