



ISSUE # 27  
TERM 3, WEEK 7  
30 August 2018

# MC link

Merredin College Weekly Community Update



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## Message from the Principal.....

### CONGRATULATIONS TO

- The Year 11/12 Volleyball Specialist Teams which played at the State Volleyball Cup on Friday and Saturday. The boys achieved a silver medal for the Open A Division after playing off in the Grand Final. The girls went down in the semi finals to Greenwood. A huge thank you must go to Mr Pirovich and Miss Beale who put a huge effort into coaching both teams over the year.
- The Year 7/8 Girls Netball Team who won the Netball Cup in Northam on Monday. Thanks to Mr O'Neill who supervised our students and to Michelle de Lacy and Peter Brooker for coaching the teams.
- The Early Childhood staff who ran a fabulous Father's Day breakfast on Tuesday. A big thankyou to all of the Dads who attended. The car park was full of utes and trucks!!!

### P&C MEETING—NEXT WEEK

The next P&C meeting will be held on Monday 3 September 2018 at 3.15 pm in the Primary (Northern) staffroom. Everyone is VERY, VERY welcome to attend. As outlined by our Primary students at the last assembly, the P&C provide a lot of support (financial and in-kind) to the school. They are a very small band of people who feel disheartened at times because of the lack of support. Let's make this meeting a BIG one!

### SCHOOL BOARD MEETING—NEXT WEEK

The next School Board meeting will occur on Thursday 7 September at 5.30 pm in the Southern Staffroom.

### DOWERIN FIELD DAY

Merredin College and Merredin Residential College will once again jointly 'man' a booth in the education section at the Dowerin Field Day (Wednesday 29 and Thursday 30 August) with the support of some of our student leaders. In addition Miss Beale's Acro Troupe will perform at 12 noon and 2 pm today. Come along and say hello to us at the booth and take the time to watch our students.

### MERREDIN COLLEGE SECONDARY OPEN DAY—SAVE THE DATE

Our Open Day will occur on Friday 7 September (12.30-3.00pm). This an opportunity to see the secondary part of the College in operation and to view Drama and Dance performances as well as student work in Design and Technology. Please see attached Agenda.

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#### 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 8, Term 3 are:

#### PRIMARY

We are RESPONSIBLE in the Office

WE ARE RESPONSIBLE BY ACCEPTING CONSEQUENCES OF OUR ACTIONS

#### SECONDARY

We are RESPECTFUL Outside

WE ARE RESPECTFUL BY DISPOSING OF LITTER APPROPRIATELY OUTSIDE

We are carinG, we are Respectful, we are Responsible, We strive to succeed!



## LUNCHES

The primary office provides lunches for children in emergency situations but recently we have had a number of students habitually not having lunch at school. Parents will be contacted if students do not have their lunch with them on a regular basis.

***Got a question about this? Mrs Barbara Smith (Deputy Principal)***

## ATHLETICS CARNIVAL

The final part of the Primary Athletics Carnival will be held on Friday this week (31 August). Requests for volunteers have gone home this week along with information about lunch orders available. Please let us know if you are able to help out on the day. We look forward to seeing our parents at the events supporting their children.

**ALL ORDERS FOR CANTEEN LUNCHES MUST BE IN ON THURSDAY**

***Got a question about this? Mrs Zane Walker & Miss Kylie Bryant (Specialist Teachers – PE/Health)***

## SAVE THE DATE

Technology Showcase: Thursday 6 September 10am – 12.30pm. Parents and grandparents are welcome to come along and see what our students do to work toward being future ready. This includes making, coding, robotics, creation and much more. You can visit any of the classrooms, your child's and others and ask questions and even have a go at some of the activities. A copy of the program for the day is attached.

***Got a question about this? Ms Lynne Herbert (Deputy Principal)***

## PRIMARY ASSEMBLY—YEAR 1

Our next assembly will be hosted by the Year 1 class and will be held next Thursday, 6 September at 9am in the primary covered assembly area. We look forward to seeing you there to celebrate our students' achievements.

***Got a question about this? Ms Lynne Herbert (Deputy Principal)***

## 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.



### Using assertive discipline

Assertive discipline involves being consistent, acting quickly when children misbehave, and teaching them to behave in an acceptable way. It involves staying calm and using fair, predictable consequences that match the problem behaviour. When children are misbehaving or upset, it is best to remain calm and avoid yelling, name calling, threatening or spanking.

You can value your child's individuality and still expect reasonable behaviour. Discipline helps children to accept necessary rules and limits and to develop self-control. Through discipline, children learn to consider others and to express their feelings in ways that respect the needs of others. Discipline also helps children to accept responsibility for their actions. Discipline works best when children live in a predictable world and receive plenty of attention for good behaviour. It also works best when parents support each other and use the same approach.

Here are some tips for assertive discipline:

### ***Back up instructions with quiet time***

Quiet time is a brief, mild and effective way of helping children learn more acceptable behaviour. Use quiet time if your child does not do as you have asked. Quiet time involves removing your child from the activity in which the problem has occurred and having them sit on the edge of the activity for a short time. Do not give your child any attention while they are in quiet time. Once they have remained quiet for the allotted time they can rejoin the activity.

### ***Take away a problem activity***

If a toy or activity is causing a problem, remove it for a short time (5-30 minutes). Return the activity at the end of the time so your child can practise using it correctly.

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



## SECONDARY ATHLETICS CARNIVAL

Tuesday 4 September is the Secondary House Athletics Carnival. Students are encouraged to come dressed in their House colours. This is a compulsory school day and students are expected to attend. Parents are reminded that they can keep track of the day by going to [www.sportstrackerapp.com](http://www.sportstrackerapp.com). This will show the results of your child's events and overall House points throughout the day. Students have been emailed their user name and password to their education email addresses to be able to log on to this web page, so please ask your child for the details. If you are able to help during the morning session of the carnival or have questions about logon details please email Mr David O'Neill at [david.oneill@education.wa.edu.au](mailto:david.oneill@education.wa.edu.au)

## CANBERRA PRESENTATION NIGHT

This will be held next Tuesday 4 September commencing at 7.00pm in the library. We look forward to seeing all the parents of our Year 9 Canberra Tour students there to listen to presentations of each day's events as well as the presentation of certificates to participants.

## SECONDARY ASSEMBLY

On Wednesday 5 September at 9.00am in the School Gym will be the final assembly for our Year 12 students. GROW Awards will be presented, House Captains will be announced and the coveted House Cup will be presented to the champion House. All parents are welcome to attend.

## DEFENCE FORCE PRESENTATIONS

Any Year 10 to 12 students with any interest in a career with the Australian Defence Forces are invited to a career presentation by the ADF during Period 5 next Wednesday 5 September. Please discuss this opportunity with your child.

## SUPERHERO DAY—SUPPORTING MUSCULAR DYSTROPHY WEEK

Merredin College has chosen to support Muscular Dystrophy Australia's National Superhero Week by hosting a Superhero Day in secondary, where a donation will allow students to dress up as their favourite superhero or even invent one! The dress up day will be held on Thursday 6 September.

We are aiming to empower young minds to be more aware of those around them and what other children may be going through. This is an important life lesson and even though our focus is on Muscular Dystrophy, the overall message is one of hope, acceptance and understanding.

Proceeds from the event will support Muscular Dystrophy Australia's programs and services, as well as research at the National Muscular Dystrophy Research Centre, to give families hope by showing them they are not alone and their community is working to raise funds to help find a treatment.

Please direct any queries to Mrs Kelly Pievaioli (Yr 9 Coordinator)


## DRAMA PERFORMANCE

Drama students will 'star' in a performance of 'Hoods' on Thursday 6 September at 6.30pm and Friday at 10.00am and 6.30pm. Bookings can be made using the following link: <https://www.trybooking.com/XRNA>. Please refer to the poster and direct any queries to Mr Tom James (Drama Teacher)

## COLOUR RUN

On Friday 21 September students in Year 10 who have maintained 90% attendance and their Good Standing will be rewarded with a Colour Run afternoon. They will begin by competing in their Houses in a series of team activities designed to challenge mind and body, culminating in the much anticipated Colour Run. This year will be bigger and more colourful than ever. Invitations will be extended soon. Students are encouraged to make sure that they are demonstrating all of the College's PBS values to ensure they are invited!

ALIZZA NUNESCA | BRAIDIE HOLDER  
MADDISON MCWILLIAM



**MERREDIN COLLEGE  
PERFORMING ARTS CENTRE**

**SEPTEMBER 06 • SEPTEMBER 07**  
AT 6:30PM AT 10:00AM & 6:30PM

**TICKETS:**  
\$5.00 (Single)  
\$15.00 (Family) (+ tickets)

AVAILABLE AT [WWW.TRYBOOKING.COM.AU](http://WWW.TRYBOOKING.COM.AU) OR ON THE DOOR.

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

### EARNING THE RIGHT TO ATTEND EXTRACURRICULAR ACTIVITIES

We are nearly at the end of Week 7 in Term 3. There are only 3 weeks of Term 3 to go. Staff have certain expectations of our Student Leaders and those who wish to attend extracurricular activities. Please read the following information as 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 below. 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.

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
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

### Looking after your mental health and wellbeing

Looking after your mental health and wellbeing is just as important as looking after your physical health.

It's normal to have ups and downs in life, it happens to all of us. Looking after your mental health enables you to function well and be able to cope when things aren't going so well.

Little things you can do include:



**SPEND TIME WITH FRIENDS, LOVED ONES & PEOPLE YOU TRUST**



**GET ENOUGH SLEEP**



**TAKE TIME OUT & ENJOY YOUR HOBBIES**



**KEEP ACTIVE & EAT WELL**



**TALK ABOUT OR EXPRESS YOUR FEELINGS REGULARLY**



**REDUCE ALCOHOL CONSUMPTION**



**AVOID ILLICIT DRUG USE**



## 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:

31 August

Primary Athletics Carnival

3 September

P&C Meeting 3.15pm

4 September

Secondary Athletics Carnival

4 September


Canberra Presentation  
Night—7.00pm

5 September

Secondary Assembly  
9.00am

## TERM PLANNER:

	Monday	Tuesday	Wednesday	Thursday	Friday
7	<b>27</b> *OLNA *Yr7/8 Girls & Yr10 Girls/ Boys Netball Cup(Northam)	<b>28</b> *Primary Jumps & Throws *OLNA *AIM Indigenous Mentoring- 11am Yr7-10 (Rm18) *SEN Community Engagement Program P.1-4	<b>29</b> DOWERIN FIELD DAY *OLNA *Yr 2 Excursion  <i>Early Close 2.30pm</i>	<b>30</b> DOWERIN FIELD DAY *OLNA	<b>31</b> *Primary Athletics Carnival *OLNA
8	<b>3</b> *OLNA  <b>P&amp;C MEETING 3:15pm</b>	<b>4</b> *OLNA *Sec. Athletics Carnival *SEN Community Engagement Program P.1-4 <b>YouthCare Mtg 5.45pm</b> *Canberra Presentation Night -7pm	<b>5</b> *OLNA *Sec.Assembly P.1(House cup awarded House Captains announced) *Defence Force Presentation- Yr10-12 P.5 <i>Early Close 2.30pm</i>	<b>6</b> *OLNA *Primary Assembly P.1 *Technology Showcase (10 -12noon) *Free Dress(Superhero Costume Fundraiser) <b>SCHOOL BOARD MTG 5.30PM</b>	<b>7 SECONDARY OPEN DAY</b> *OLNA
9	<b>10</b> *OLNA	<b>11</b> *OLNA <b>Aboriginal Parent Mtg -10am</b> *SEN Community Engagement Program P.1-4	<b>12</b> *OLNA *Year 11/12 General English Exam (TBD)  <i>Early Close 2.30pm</i>	<b>13</b> *OLNA *Yr7-10 Volleyball Comp (Perth)	<b>14</b> *OLNA *Primary Interschool Carnival *EASA Secondary Athletics Carnival *Yr7-10 Volleyball Comp (Perth)
10	<b>17 Merredin Bus Accident Anniversary</b> *OLNA *Yr 11/12 ATAR Exams *Yr 11/12 (non ATAR students normal timetable)	<b>18</b> *OLNA *Glass of Class P-6 *SEN Community Engagement Program P.1-4	<b>19</b> *OLNA  <i>Early Close 2.30pm</i>	<b>20</b> <b>CAREER EXPO (Yr9&amp;10)</b> *OLNA	<b>21 Last Day Term 3</b> *OLNA *Last Day for Year 12 VET/General students *Dance Competition P1 *Yr10 Reward(Colour Run) P.4&5 *Merredin Residential College Awards Ceremony 4pm



**IT'S BACK**  
 AVON YOUTH AFTER SCHOOL DROP IN

33 Bates street  
(next to the Cummins Theatre)

**Every Monday & Wednesday 3-5pm**

- Ping pong
- Pool
- Arts and craft
- Chill out
- Free fruit

For ages 12-25 years

**Contacts:**  
 merredin.youth@avonyouth.org.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



Spring in the Garden  
 0 - 5 Years

Brought to you by the  


**Friday, 7 September 2018**  
 9.30 - 11.30am  
**Merredin Community Garden**

All families with children aged 0-5 years are welcome to attend this fun FREE event!

Come forage through the flowers and see what yummy food can be found in the garden. There will be fun fine motor activities and a goodie bag to take home. Everyone is welcome so please bring your friends to this fun morning get together

Call 9041 0444 for any queries. This FREE event is brought to you by:



