



ISSUE # 29
TERM 3, WEEK 9
13 September 2018

MC link

Merredin College Weekly Community Update



Message from the Principal.....

Follow us at:
<https://www.facebook.com/Merredin-College-256760021333175/>



CONGRATULATIONS TO

The secondary staff who worked so hard to make Friday's Open Day such a success. Feedback from one of our visitors stated... 'We were "blown away" with the amazing opportunities available to the young people of this area, particularly in the fields of The Arts and Digital Technology. From the quiet, efficient presence of the student ambassadors to the enthusiasm of the students in their discussions about their learning, the afternoon was a testament to the commitment, dedication and competency of the staff. What's happening here, is very good reason for parents to support public education in Merredin.'

MERREDIN BUS ACCIDENT

On Tuesday 18 September at 10 am, students and staff will remember the nine Merredin SHS students, driver and hostel manager who died in 1982 as a result of a bus accident. The bus was returning from Perth following the football grand final. The parents of the students who died have asked that no special ceremony be held, but that a minute's silence be held at 10 am on the anniversary of the accident.

PARENT/STAFF/STUDENT SATISFACTION SURVEYS

It is mandated by the Department that satisfaction surveys are conducted every two years. Parents/carers are strongly encouraged to respond via the link below or if preferred may obtain a hard copy on request from Gerard Rennie (90410900) at the school. One survey per family is requested. Information is confidential and will be used to help inform our planning. The survey closes on Friday 12 October at 4 pm.

<https://www.schoolsurvey.edu.au/s/K3xWc3FK>

SCHOOL DEVELOPMENT DAY

Monday 8 October will be a student free day. Staff will be engaged in examining student data and planning for 2019.

NAPLAN RESULTS

Individual student reports will be delivered to schools from 10 September 2018 and will be distributed to parents immediately after receipt and checking. Up until today, they have not arrived.

Our PBS Values Focus

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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.

R

PRIMARY

We are **SUCCESSFUL** in the Office

WE ARE SUCCESSFUL BY FINDING A SOLUTION TO OUR PROBLEMS INSIDE

O

SECONDARY

We are **RESPECTFUL** in Learning Areas

WE ARE RESPECTFUL BY LOOKING AFTER EQUIPMENT AND PROPERTY IN LEARNING AREAS

W

We are carin**G**, we are **R**espectful, we are Resp**O**nsible, **W**e 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)

INTERSCHOOL ATHLETICS CARNIVAL

The primary interschool athletics carnival is tomorrow, Friday 14 September. We look forward to seeing our parents at the events supporting their children.

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

REINFORCED READING PROGRAM

One of the single most important things we can do to help low-progress readers is to hear them read every day, for a little as 15-20 minutes, using a set of tutoring strategies known as Reinforced Reading. It is called Reinforced Reading for three reasons:

1. The reader and the reading is supported or reinforced by a trained tutor;
2. The reader is positively reinforced for good reading by means of highly specific and contingent tutor praise; and
3. The learning of sight words and word attack skills is reinforced by the supported reading of real words in real text in context.

A short training session for this program will be run at school in the next few weeks and if you are interested in attending an after school session please ring Barb Smith on 90410984 as soon as possible.

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

PBS NEWS

It has been a busy time in the primary school with lots of exciting PBS lessons to help us learn more about the School's expected behaviours. Each fortnight a new behaviour is introduced with lots of opportunities for the students to practise and master the School's positive behaviours. A great way for you to learn more about PBS would be to ask your child what PBS lesson they have been practising in their classroom.

DRESS AS A FARMER DAY

Merredin College K-6 will be raising funds for drought affected farmers by running a 'Dress as a Farmer' day. Students are invited to dress up on the last day of school – Friday 21st September for a gold coin donation

Got a question about this? Miss Abby Hunter (Year 1 Classroom Teacher)

GLASS OF CLASS LUNCHEON

Students who have had their Letter of Commendation return drawn out of the box during Monday Meetings have received their invitations to our Glass of Class luncheon next week. The luncheon will be held on Tuesday 18 September and invited students will not need to bring lunch that day. We will have one final draw on Monday during Week 9 so a few students will get their invitations the day before the luncheon.

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



EASA SECONDARY INTERSCHOOL ATHLETICS CARNIVAL

Tomorrow, Friday 14 September will see our Interschool Athletics team travel to Dowerin to compete. Students in Yr 7-10 have been chosen to represent the College from the results of the House Athletics Carnival.

YEAR 7-10 VOLLEYBALL CUP

This Thursday and Friday (13 and 14 September) the Volleyball Specialist students from Years 7-10 will travel to Perth to compete in the Schools' Cup Volleyball competition. Last year Merredin College entered two Year 10 teams and finished in 1st and 2nd place. This year Merredin College kick-started the specialist program. Sixty one students in the program have been training hard since Term 1 to test their skills against the top volleyball specialist schools in Perth including, Rossmoyne, Trinity, Perth Modern and Mercedes to name a few. Our teams will play up to 5 games in a round-robin on either Thursday or Friday and if they qualify, they will get the chance to play in finals on Sunday. Thank you again to parents for supporting the program up to this point. We wish all 5 teams and their coaches, Mr Pirovich, Miss Beale and Mr O'Neill, good-luck in the competition.

YEAR 12 PROSPECTIVE UNIVERSITY STUDENTS—DO YOU HAVE YOUR ACCOMMODATION ORGANISED?

St Thomas More College may be of interest to Y12 students looking for accommodation in Perth next year whilst attending university. Please refer to the attached flier.

For your students to apply online they will need to do the following:

1. Click on this link: <http://www.stmc.uwa.edu.au/future-students/how-to-apply>
2. Click on "Apply Online Here"
3. This will take you into the UWA Residential Colleges Application Portal
4. Click on "Register"
5. Follow the prompts
6. Ensure you put **St Thomas More College as your first preference**

APPLICATIONS ARE NOW OPEN FOR 2019!

Students are advised not to delay because if you don't get into university for any reason you will be reimbursed your "non-refundable" deposit that secures your room. If any student decides to defer you can still apply now and pay later!

YEAR 11/12 ATAR EXAMS—WEEK 10

The Year 11 and 12 ATAR exams will take place next week. Please see the attached Exam Timetable for more information.

CAREER EXPO

On Thursday 20 September, a Careers Carousel will be held for all Year 9 and 10 students. Presenters from various industries will be presenting sessions to students to provide an overview of what a career in their field would entail. Student will attend 4 presentations of their choice.

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!

YEAR 8 MOVIE REWARD

Next Thursday (20 Sept) Year 8 students will be invited to attend a movie reward afternoon in the PAC. To achieve this, students must have maintained their Good Standing and at least 90% attendance for the term. The rewards afternoon will include the screening of a movie and a group lunch, where some food will be provided, but students are encouraged to bring food also that complies with the normal health policies of the school. This means that students are not allowed to bring such items as: energy drinks, bottles or cans of fizzy drink (i.e Coke, Pepsi etc), coffee or caffeinated beverages. Any questions, please contact Ms Johns at the school.

HOMEWORK CLASSES

Parents are advised that Homework Classes will finish at the end of Week 7 in Term 4 (Thursday 22 November).

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

END OF YEAR ARRANGEMENTS FOR YEAR 11 AND 12—TERM 3 AND 4

Year 12

Term3—Week 10

- Friday 21 September is the last timetabled day for Year 12 VET/General Pathway students

Term 4—Week 1

- 9-11 October – normal timetabled classes for Year 12 ATAR students.
- Friday 12 October – Year 12 morning tea (11 am)

Week 2

- Timetable suspended for Year 12 ATAR students on Monday 15 October. Revision seminars offered to ATAR students at times to be advised.

Friday 19 October –Awards Night 7.00pm – 9.00pm (approx)

Week 3

- Study week – 22-26 October.

Weeks 4, 5 & 6

- Monday 29 October – Friday 16 November - ATAR Course Examinations

Year 11 –TERM 4:

Weeks 1 & 2:

Tuesday 9 – Friday 19 October - Normal timetable for all Year 11 students

Week 3, 4 & 5:

Monday 22 October – Friday 9 November

- All VET/General pathway students are on Workplace Learning
- ATAR Pathway students have normal timetable

Week 6:

Monday 12 – Friday 16 November

- VET/General Pathway students return to school to complete Workplace Learning Logbooks/Skills Journals. Once logbooks are completed Mr Rennie will sign students off and they are finished for the year.
- ATAR Pathway students have normal classes

Friday 16 November (3.00pm) – Year 11 timetable suspended last timetabled 2018 school day for all Year 11 students

Suicide prevention R U OK?

RUOK is a suicide prevention charity in Australia, reminding people that having meaningful conversations with mates and loved ones could save lives. www.ruok.org.au

Reachout has a poster for parents about 'figuring out whats up with your teenager' which can be found at the following link https://parents.au.reachout.com/skills-to-build/connecting-and-communicating/things-to-try-effective-communication/figuring-out-whats-up-with-your-teenager?utm_medium=email&utm_campaign=180906_EDM_GEN-ROP-SCH-CP_RUOK-WSPDay_DM&utm_content=180906_EDM_GEN-ROP-SCH-CP_RUOK-



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:

13—14 September
 Yr7-10 Volleyball Comp

14 September
 Primary & Secondary
 Interschool Athletics
 Carnivals

17-20 September
 Yr 11/12 ATAR Exams

20 September
 Careers Expo

21 September
 Dance Competition
 Colour Run

TERM PLANNER:

	Monday	Tuesday	Wednesday	Thursday	Friday
9	10 *OLNA Bibbulmun Presentation Night 7pm	11 *OLNA Aboriginal Parent Mtg - 10am	12 *OLNA *Year 11/12 General English Exam (TBD) Early Close 2.30pm	13 *OLNA *Yr7-10 Volleyball Comp (Perth)	14 *OLNA *Primary Interschool Carni- val *EASA Secondary Athletics Carnival *Yr7-10 Volleyball Comp (Perth)
10	17 *OLNA *Yr 11/12 ATAR Exams *Yr 11/12 (non ATAR stu- dents normal timetable)	18 Merredin Bus Accident Anniversary *OLNA *Glass of Class P-6	19 *OLNA Early Close 2.30pm	20 CAREER EXPO (Yr9&10) *OLNA	21 Last Day Term 3 *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

Term Planner Term 4 – 2018

	Monday	Tuesday	Wednesday	Thursday	Friday
1	8 OCTOBER School Development Day	9 Students Commence *First Aid Course-Yr11	10 *First Aid Course-Yr11 Early Close 2:30pm	11	12 *Yr 12 Morning Tea *T20 Blast Cricket Cup (Primary)
2	15 *First Aid Course-Yr11	16 *First Aid Course-Yr11	17 *First Aid Course-Yr11 Early Close 2.30pm	18 *Yr 12 ATAR Finish *First Aid Course-Yr11	19 *Yr 12 Awards Night

Resilient kids

Resilient kids know how to cope and have the skills that can help them handle problems and different situations.

Here are a few tips to help you raise a resilient child.



Let your child make mistakes

By having to overcome normal challenges for their age and understanding that no one is perfect, your child will learn how to bounce back and be more resourceful.

By over-protecting your child and doing things for them, you deny your child important opportunities for developing resilience.

Don't fight your child's battles

Sorting out conflicts with friends and peers are important skills for healthy social relationships.

Encourage your child to talk about things that are bothering them

Learning to seek help when a problem can't be solved is an important lifelong skill. Let your child know that unhappy or difficult times are a normal part of life and usually don't usually last for long.

Encourage your child to re-phrase unhelpful thinking

Teach your child to turn words such as – *I'm stupid* or *She hates me* into more helpful and optimistic thinking – *I made a mistake, everyone makes mistakes* or *She doesn't hate me she just feels like playing with someone else today.*

Taking responsibility

Encourage your child to take responsibility for the things they have or haven't done that may have contributed to an unhappy situation or setback. Also help your child to understand the role that 'bad luck' and the role that others may have played in this situation.

You have an important role

Try to model these skills to your child. Talk your problems through with others and review different solutions.

- Use optimistic thinking and say things such as – *Things will get better soon.*
- Talk about how you may have managed strong emotions in a calm way.
- Talk about your goals and how you hope to achieve them.
- Show appreciation to others for their friendship.





MERREDIN REGIONAL LIBRARY

Library School Holiday Program



PAPER CRAFT
Tuesday, 25 September
Make paper frogs, water bombs and bookmarks

CLAY FUN
Tuesday, 2 October
Make multi coloured clay creatures or fun clay animals

CONSTRUCTION
Thursday, 27 September
Come and create bridges, buildings – whatever you like with pop sticks, pipe cleaners and more

CHRISTMAS DEC'S
Thursday, 4 October
Make some fun decorations for Christmas this year



All sessions at Merredin Library from 10:30am – 11:30am. All activities \$2 per participant. Parental supervision required for all children under 10. Bookings essential. Call 9041 1222 to book your place. See you there, come dressed for fun!



*Are you ready to be a **SUPERSTAR?***



Come and join singer Katherine Blower at The Cummins Theatre for some school holiday fun!

2nd, 3rd, 4th of October
 • 10-12PM (AGES 8-12)
 • 1-3PM (AGES 12-17)






Go Health!

Screen time

Sitting less and moving more is important for everybody's health. Children and adolescents should not spend more than two hours a day on screen based activities. Excessive screen time often leads to poor health, poor fitness and overweight.

Activities like surfing the net, social networking, watching TV and playing screen games can be educational and fun, but all involve sitting still for long periods of time. Set family rules around screen time and encourage your child to try a range of active pastimes, especially during daylight hours.

Being a positive role model by participating in activities with children and having your own active lifestyles can have a great effect on children's attitudes to physical activity.

Even basic (non-sport focused) activities as a family can help instill active lifestyle habits as well as developing motor skills in children from an early age.

For more information, go to <http://raisingchildren.net.au> and www.livelifghter.com.au


Quick Tip

For a range of great indoor and outdoor activities to get the whole family moving more, go to:

<https://livelifghter.com.au/LiveLighter-for-Families/At-Home/Family-Time/Getting-Active-at-Home/>

Recipe Link

<https://livelifghter.com.au/Recipe/389/baked-chicken-parma-with-sweet-potato-mash>



Circle of Security® PARENTING SERIES

The Circle of Security Parenting group program is a free 6 week course facilitated by a qualified professional. The program is offered to parents/careers of children 0 to 5 years, who want to learn how to:

- Understand their child's emotional world by learning to read the emotional needs
- Support their child's ability to successfully manage emotions
- Enhance the development of their child's self esteem
- Honor your inner wisdom and desire for your child to be secure

Where: Merredin Hospital – Ambulatory Care Building


Dates: Every Monday from 15th October till 19th November

Times: 10.30am – 12.30pm

Bookings: Contact your local Child Health Nurse or ring Primary Health on 9041 0444

Bookings essential – Please RSVP by 10th October 2018

At times all parents feel lost or without a clue about what our child might need from us. Imagine what it might feel like if you were able to make sense of what your child was really asking from you. The Circle of Security® Parenting™ program is based on decades of research about how secure parent-child relationships can be supported and strengthened.



Government of Western Australia
WA Country Health Service



Merredin Basketball Association 2018/2019 Junior Registrations

We invite you to participate in our
upcoming basketball season!

New and old players welcome!

Registrations will take place:

When: Tuesday 18th & Thursday 20th
September
3.00pm-6.00pm

Where: Merredin Regional Community &
Leisure Centre

Fees are as follows:

U8s: \$70.00

U12s: \$100.00

U16s: \$100.00

Playing both Juniors and Seniors \$150.00

Kids sport applications are available through
the Merredin Shire Office or online at:

<https://www.dsr.wa.gov.au/funding/individuals/kidsport>



MERREDIN REGIONAL COMMUNITY AND LEISURE CENTRE

FUN RUN



SUNDAY 23RD SEPTEMBER

9AM START

\$15 ENTRY & FOOD | \$40 FAMILY ENTRY & FOOD

- REGISTRATIONS CLOSE WEDNESDAY 19 SEPTEMBER
- THERE WILL BE A 3KM, 6KM, 9KM, OR 12KM WALK/RUN!
- BREAKFAST WILL BE SERVED AFTERWARDS
- 1ST, 2ND, & 3RD PLACE MEDALS FOR EACH DISTANCE
- ALL PROCEEDS GO TOWARDS FUNDRAISING FOR LOCAL DISABILITY & DIVERSITY PROGRAMS
- CALL 9041 3033 TO REGISTER TODAY

MERREDIN REGIONAL COMMUNITY & LEISURE CENTRE  belgravialeisure  SHIRE OF MERREDIN



LEARN TO SWIM

SWIM AND SURVIVE PROGRAMME
AGES STARTING AT 4 YEARS OLD

MONDAY/TUESDAY CLASSES

Starting Monday 8th of October

\$90 for 1 lesson per week running
for 6 weeks

Please call the friendly staff at MRCLC to
register on 9041 3033

Malleefowl Monitoring "Bushwalking with a purpose"

Learn all about
Malleefowl, their
amazing nests
and how we
monitor them.



It's a bit like Geo
caching but helps
to save a threatened
species



Free to
all.

Meet at the Merredin Library,
22 Coronation Street, Merredin.
Saturday 29th September at
9am. Register with Liz 0417 996719

