

## From the Principal

Dear Parents and Friends, “Kaya”

At Our School .... we teach children the difference between being RUDE, MEAN or BULLYING.

Firstly—WHAT IS BULLYING?

The National definition of bullying for Australian Schools : Bullying is an ongoing misuse of power in relationships through repeated verbal, physical and/or social behaviour that causes physical and/or psychological harm. It can involve an individual or a group misusing their power over one or more persons. Bullying can happen in person or online, and it can be obvious (overt) or hidden (covert). Bullying of any form or for any reason can have long-term effects on those involved, including bystanders. Single incidents and conflict or fights between equals, whether in person or online, are not defined as bullying. Behaviours that do not constitute bullying include:

- mutual arguments and disagreements (where there is no power imbalance)
- not liking someone or a single act of social rejection one-off acts of meanness or spite
- isolated incidents of aggression, intimidation or violence.

However, these conflicts still need to be addressed and resolved. The website “Bullying. NO WAY” is a great resource. Go to [www.bullyingnoway.gov.au](http://www.bullyingnoway.gov.au).

Love Wendy

**Weekly Wisdom** “ Ever tried, ever failed? No matter. Try again, fail better”.... *Samuel Beckett*

### Virtue of the Week: Steadfastness

You are practising this when you

- Think about whether you really want to commit to something or someone
- Pace yourself -Go at a rate you can maintain
- Take it one step at a time – remaining steady
- Don't let doubts or tests blow you off course
- Stand by your friends and loved ones

### Parenting Ideas:

Helping your child make and keep friends.

<https://www.parentingideas.com.au/blog/helping-your-child-make-and-keep-friends>

## MRIS steps up to battle waste

As one of only 5 Green Batch schools in the state, MRIS is forging ahead to re-purpose recycled plastic and aluminium by collaborating with a number of local businesses. The pilot project is being spearheaded by the Yr 6 Eco-Echidnas who are calling on the MRIS community to assist with the school recycling program by collecting 1 and 2 plastics and aluminium cans. Yr 6 teacher, Laura Nicholls said as one of 5 regional trial sites in WA, MRIS will collaborate with Green Batch, Rotary Margaret River, Woolworths Margaret River, and Shepherdson's Transport. “We will collect the plastic and aluminium, Shepherdson's will take it into town on the school bus, Rotary volunteers will co-ordinate with Woollies to ship our collection to Perth via the empty food trucks where Green Batch will turn the plastics into 3D printer filament – we will receive a quantity of filament that matches the amount of plastic we contribute. The more we collect, the more successful the arrangement,” Laura said. Milk cartons, vegetable punnets, juice bottle etc. can be deposited in the recycling bins in the Year 6 classroom. Plans are



underway to build a waste-sorting station funded by a Waste Wise Grant. The station will be built by members of the Margaret River Men's Shed.

## THIS IS YOUR LIFE

**Name:** Samuel

**Age:** 4 1/2 **Year:** Kindy

**Favourite Food:**

Watermelon.

**Favourite Virtue:** Friendliness.

**Favourite Book:** Dr Seuss books.

**I collect:** Slater bugs and crystal.

**My nickname is:** Modia or Ninja Sam.

**My ancestors come from:** England and China.

**Why I love my school:** Because it has fun toys and slime.

**When I grow up I want to be:** Motorcross rider.

**Because:** I like motorbikes.



# School News

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## Thank You

- To Our Lunch Order parents – Sunny and Sars
- To all our parents who are working to support art donations for our ART AUCTION

## **Quiet Achiever**

Alison and the Pink Flag decorations for cancer awareness. Let us all remember those who have had their lives touched by this disease.

## Curriculum Corner

**Resilience Focus 2019** Myth#2 -Steeling our children: why ‘Toughen up, Princess’ damages resilience:

Resilience researchers suggest that experiencing adversity can lead to one of two responses: sensitising or steeling (also called strengthening). Being exposed to minor stresses while growing up builds our resilience ‘immune system’. Unfortunately, the ‘immune system’ is highly sensitive and easily harmed. Research shows that too much steeling creates sensitised children and adults, increasing helplessness and hopelessness- the opposite of resilience. David Lyons and his colleagues exposed some infant squirrel monkeys to normal separations from their mothers at around 17weeks of age, the mother went to forage for food as they would do in the wild. Other mother/ infant pairings were kept together with no separation at all. After 10 weeks the young monkeys were exposed to new and sometimes challenging situations and observed what happened. The monkeys that had not been developmentally separated from their mothers showed diminished outcomes. The stress hormone cortisol was less present in the monkeys that had been steeled. In other words steeling was experimentally shown to foster brain growth that assisted the monkeys to identify novel situations, assess them for risk, and regulate emotion and behaviour accordingly. Take home message: The world will throw enough challenges at our children, we need to be a safe place for them to land and be supported when life gets tough. The stress they experience does make them resilient, but only when they are developmentally capable of facing it.

## **ICAS Assessments**

ICAS assessments are designed to assess your child’s ability to apply classroom learning in new contexts, using higher-order thinking and problem-solving skills. If you wish your child to sit some or all of the assessments at school this year, please go to the following link: <https://pay.unswglobal.com.au/collections/29d67ce954>

## Governing Body / Office News

### **STEP COURSE & DONATED HOURS**

If you would like to use donated hours to provide Baby Sitting services to a friend who would like to attend the STEP Course please call the Office or tell your friend. We ask all parents to come and complete our Parenting Course and learn just how our school uses encouragement, logical consequences and giving choices within boundaries to develop confident, responsible children.

**Clean bubble wrap** is needed for the Art Auction, all sizes. We are trying to reduce plastic consumption, by reusing. Please let the office know if you can donate any bubble wrap.

## Music News

Curriculum Music Notes♪ -Ensemble

Semester 1 Ensemble now has the professional recording of the ‘Frog Song’ up and running. The song was the Year 5 class of 2018 composition for a sustainability song writing task.

Thanks to:- Manfred for the recording and expert mixing.

The Ensemble Choir

Violinists- Asha, Luca and Elani

Keyboard- Oliver

Guitar - Jake

Ukulele – Matilda, Nelle and Charlotte

Flute and recorder- Evie R.

Everyone’s commitment to practice and their patience in the recording sessions was an amazing effort and is greatly appreciated.

Semester 2 Ensemble has now commenced and so far consists of violinists Luca and Asha Yr 6, flautist Evie R. Yr 5, guitarists Tommy and Steel Yr 4 and Max Yr 4 on ukulele. We also welcome new student Grace Yr 4 who is new to music and who has volunteered to use

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## **Meet our PATHS kids this week**

**We thank them for their contributions.**

**Braxton** in Year 1. Favourite colour is **red**. Favourite animal is an Ankosaurus. Favourite Virtue is Love.

**Lucy** in Year 2. Favourite colour is **blue**. Favourite animal is a Whale. Favourite Virtue is Creativity.

**Malo** in Year 3. Favourite colour is **gold**. Favourite animal is a Monkey. Favourite Virtue is Love.

**Evie** in Year 4. Favourite colour is **green**. Favourite animal is a Dragon. Favourite Virtue is Creativity.

**Scarlett** in Year 5. Favourite colour is **green**. Favourite animal is a dog. Favourite Virtue is Courage.

**Asha** in Year 6. Favourite colour is **green**. Favourite animal is a dog. Favourite Virtue is Determination.

# Class News

## Kindy

with Helen, Noela & Jasmin

This week it has been great to see interest and fascination take off for making a walk inside volcano in the classroom. Children have been suggesting ideas and we have started making a plan together. We made erupting volcanoes with ooblick and also with bicarb and vinegar. Kindergarten class meeting is after school on Monday 19th August. Hope to see you there. Have a wonderful week.

## Pre-Primary

with Ann, Amanda, Julie & Raine

This week we have started working in groups for our English and Mathematics sessions. Each week we have a Learning goal that is explained to the children. The activities support the achievement of the Learning goal.

In the area of English we are learning to blend sounds together so we can read words. In the area of Mathematics we are learning to write the numbers 0-20 so we can confidently use them in our play. In our PATHS (Promoting Alternative Thinking Strategies) lessons we have discussed how all feelings are ok and how to use the Turtle Technique when feeling angry. (Further information will be sent home next week).

Please remember that we are a Dairy and Egg aware school. Please do not send liquid dairy (milk/yoghurt) or heavily egg based snacks (quiche/boiled eggs) to school with your child. Every Friday is lunch order day. This term the menu is nachos and hot chocolate. We are asking if you would be willing to avoid ordering the hot chocolate. Milk is one of the most difficult allergens for staff to manage if it spills or if children cough while drinking it. Thank you for your support. Stay tuned for a class meeting date...

## Year 1

with Skye

Thank you for attending our class meeting. If you were unable to attend I will post a synopsis onto Seesaw. I will be holding one-to-one meetings over the next few weeks so please book in a time. A booking sheet is located on the back of the year 1 classroom door. In our buddy class next week we will be making our animal body parts. Each group has been assigned a body part to design independently from other groups. We are then going to assemble our animal and see the creative result. Each group is responsible for bringing in what they need for construction which begins next week, Tuesday.

## Year 2

with Kate & Jacki

This week we are continuing to complete our Djilba section of our Noongar seasons wheel and spotting the changes on our nature trail. In Science we are questioning 'what is a mixture?' and we are making different types of slime using cornflour. In Maths we are revisiting Addition and Subtraction. We are also problem solving. In English we have learnt our Talk for Writing text: 'How to dress as an ogre' and have been rehearsing the actions. In HASS we are asking what olden days classrooms were like compared to ours and what the changes in technology mean for us. Thanks to Lucy for being our PATHS kid this week. This little resident artist, whale loving gem brightens our classroom! Thank you for coming to our class meeting. All camp forms have been sent home. The children are so excited!

## Year 3

with Ashley & Julie

Thanks to all who made the meeting. If you didn't please see the important dates below.

Crunch and Sip- crunchy (non smooshy) fruit or veg only. Please send in any stationery left from booklist- we are very low on glue sticks in particular!

Tuesday Aug 13 -Josh Incursion

Thurs Aug 15 -Museum open

Tues Aug 27 – Montessori Wetlands

Friday Aug 30 -Yirra Yakin Incursion

Tues Sept 3- Christine Wilder Incursion

Tues Sept 10- Josh-Chapman Pool Excursion (weather permitting)

WEEK 10 (term 3) SCIENCE FAIR

Nov 7- Nov 8- CAMP- WHARNCLIFFE MILL

Thurs Oct 24- Possum Incursion

Nov 13/or 14- BIOBLITZ

## Year 4

with Sara, Bel & Jasmin

This week in Maths our Learning Intention is being able to tell the time on both a digital and analogue clock, it would be great to discuss this with your kids to see how much they know about reading a clock face. We are also reviewing our 1 timetables this week. In Science we investigated types of rocks and crystals and created our own geodes from the egg shells that were brought in. We managed to find one frog this week on our frog walk but we are waiting for the rain to bring more out. My PATHS kid for this week is Evie who has been happy to assist with any job.

## Year 5

with Lindsay

Hi team!

Thanks to everyone who could make it to the meeting. If you want to catch up on what you missed just jump onto Seesaw.

The year 5 students have starting practising for Jump Rope For Heart. The students will be performing a routine of tricks that is sure to have the crowd entertained!

If there are any questions, please do not hesitate to email me [lindsay.burke@mris.wa.edu.au](mailto:lindsay.burke@mris.wa.edu.au)

## Year 6

with Laura & Jacki

We have been working hard on the Waterways presentation at the Primary school on the 17th of September, and the 2040 presentation on the 5th of September. We have been reviewing fractions and the natural disasters project was handed in on Wednesday. Camp preparations are underway and the documents will be sent home this week. Please could you send them back to me as soon as possible.

# School Dates & Info

## School Calendar

**August 15, 22, 29 Sept 5**

STEP Parenting Course 1-3pm Thursdays

Please book in at office

**Tuesday Aug 20**

Protective Behaviours year 5 & 6 with Waratah

**Monday Sept 2**

Superkids Superheroes visit

**Tuesday Sept 3**

School Photo Day

**Tuesday Sept 9-13**

Year 6 camp

**Sept 12-13**

Year 2 camp

**Tues Sept 17**

The Pillow case Project -year 3 & 4

**Saturday Sept 21**

ART AUCTION

**Friday Sept 27**

Gratitude Tree – “Who are you grateful for?”

**Friday Sept 27**

Term 3 ends

**Friday Nov 1**

High Tea & Ecology Day

**Please remember**

*School Uniform is to be worn for every school outing -School shirts and BLACK Pants or skirts or shorts  
The Kindy Pre area is now a DAIRY AND EGG AWARE ZONE.*

*NO BINS AT MRIS - please reduce the packaging sent to school*

*MRIS is a SUNSMART school – we wear wide brimmed hats all year round*

**SPECIAL SCREENING**  
"A compelling vision... let yourself be inspired"  
**2040**  
Join the REGENERATION

A MARGARET RIVER INDEPENDENT SCHOOL FUNDRAISER  
SHOWING AT THE MARGARET RIVER HEART  
THURSDAY 5 SEPTEMBER, 2019

Independent SCHOOL  
"Explore what the future could look like by the year 2040 if we simply embraced the best solutions already available to us to improve our planet and shifted them rapidly into the mainstream." 2040

RAFFLE PRIZES  
Earth Sea Star  
LIVE MUSIC  
WADE DU BOULAY  
GLOBAL WRAPS  
ON SALE

TICKETS  
\$20 Adult Fundraiser (includes a complimentary glass of wine on arrival)  
\$15 Adult (movie only)  
\$12 Arts Hub Members (movie only)  
\$8 Youth (movie only – must be accompanied by an adult)

Doors open 6pm, movie starts at 7pm  
Purchase tickets from sponsor Arts Margaret River  
<https://artsmargaretriver.com/2040-movie-fundraiser/>

arts margaret river  
the arts hub

2040 is classified G for General viewing.

# 14TH ANNUAL ART AUCTION

MARGARET RIVER 2019

SATURDAY 21 SEPTEMBER

## Other News

Marri Tree seedlings are on the verandah for sale at \$2.50 ea. Funds raised go towards the Year 2 camp.

Please note croissants are not on sale this term.

Please join MRIS Fathering Project. A great way to connect with other fathers.

<https://thefatheringproject.org/dads-group/margaret-river-independent-school/>

the fathering project

First Name\*  
Last Name\*  
Email\*

CLICK ON THIS IMAGE TO  
**Join Margaret River Independent School Dads Group**

I am a Father/ Father Figure associated with this organisation.

Join



Hi everyone. Last year we created a fantastic MRIS team for the Augusta junior survivor race. If anyone is keen to do it this year we recommend you sign up soon. Parents can run with their child with-

out signing up. Danelle Milward and I will start running club at the beginning of term 4 on Thursday mornings at 8.15am in preparation. ((year 1-6) . Any questions please contact me in email at [kate.appleton@mris.wa.edu.au](mailto:kate.appleton@mris.wa.edu.au)

## Community Corner

Pink up our region for Breast Cancer

<http://www.pinkupourregion.com.au/events/pink-walk-with-amy-johnston-and-liz-bevan/>

Kids Art workshops at Hardware Creative in Witchcliffe on 31st August. Book through Facebook Events page - Art by Angela Marie.

Who Gives a Crap toilet paper - Find our new Facebook Group @ MRIS Parent Buying—Who Gives a Crap. Any queries, please contact Amy Penrose 0407 194 124