



MARGARET RIVER

Independent SCHOOL

EST. 1982 AS NYINDAMURRA FAMILY SCHOOL

MRIS Matters

Our School's Weekly Newsletter — Distributed Fridays

Week 2/10

Term 2

8 May, 2020

2020 MRIS IQ Focus = Learning Intentions and Success criteria, EQ focus = Resilience

From the Principal

Dear Parents and Friends, “Kaya” & RU OK?

Welcome back to all those who have chosen to return to school. We are delighted to see all the students and start teaching face to face once again. As we have stated previously, teachers will send an overview of the work covered in class via email to homes.

Things to note -

Thank you for maintaining limited access to the school grounds.

Please do not drop students off too early – 8.45 is appreciated.

Parents are able to drive through for pick up once the buses have departed.

Students will wait in the pavilion for parent pick up.

We are endeavouring to keep social distancing.

Hand washing and hand sanitising are regularly scheduled.

This week in our **HowTo Do** section (page 4) we are looking at what works when identifying words in text when reading.

AND the second focus for **Self Care** is Nutrition and Hydration (page 4).

Congratulations to Amanda, Stuart and Oscar on the safe arrival on their baby girl.

Love Wendy

Virtue of the Week: Flexibility

You are practising this when you

- Learn from your mistakes
- Are willing to change bad habits
- Try imaginative ways to do things
- Don't insist on always getting your own way
- Can adjust when something unexpected happens
- Go with the flow. Trust the unexpected.

Weekly Wisdom “I learned when hit by loss, to ask the right question: ‘What next?’ instead of ‘Why me?’ ... Walt Whitman

Parenting Ideas: “Collaborative parenting leads the way during coronavirus pandemic”

<https://www.parentingideas.com.au/blog/collaborative-parenting-leads-the-way-during-coronavirus-pandemic/>

MRIS Sport Success

MRIS's sporting program received a welcome boost recently with the injection of funds from the Australian Sports Commission's Sporting Schools grant.

MRIS Sports Specialist Sean Allen applied for a grant in late 2019 receiving \$2400 for purchase of new sports equipment.

Sean said research shows that quality sport and physical activity in school has a positive influence on children's confidence, competence and motivation to be active at school which echoes on through their lives.

“This grant will assist our school to increase participation and opportunities in sport for our students,” he said.

The money was used to purchase an Athletics Australia Program and athletic equipment required to run the program.



THIS IS YOUR LIFE

Name: Tilly

Age: 8 **Year:** 3

Favourite Food: mangoes.

Favourite Virtues: creativity.

Favourite Book: “The Land of Stories”.

I collect: crafty things.

My nickname is: Tills.

My ancestors come from: Scotland, Estonia and England.

Why I love my school: because there is a lot of nature.

When I grow up I want to be: a person who looks after animals from the fires.

Because: I want to help all the animals so they can live.



School News

Thank You

To all the students who completed the Remote Learning programme - thank you

To Jessica for organizing the PAC Extension and Enclosure ready for tendering

To all our wonderful Mums – Happy Mother's Day on Sunday xxxxxx

Quiet Achievers Claudia G for her ongoing work to stock the new shelves and sort and cover new books ready for a hopeful opening soon. Thanks Claudia

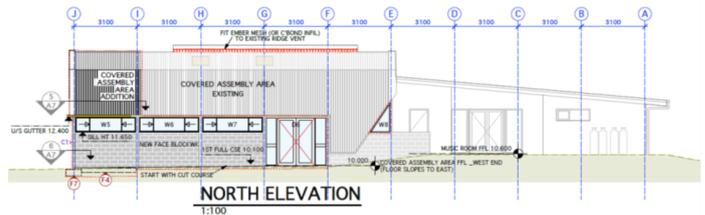
Governing Body News

MRIS 2020 PAC Extension & Enclosure Project (PEEP) – Progress Update 08/05/2020

At the end of 2019, MRIS was advised that we were successful in our application for a capital grant from the Federal Government of \$80,000 toward the \$160,000 project to extend and enclose the MRIS Performing Arts Centre (PAC). The PAC will be extended to match the increased size of the School's student body. It will also be enclosed to improve its day to day usability for performances, meeting and general purpose activities and improve its use as an emergency refuge in the event of a bushfire. The PAC extension and enclosure will be built to BAL29 (Bushfire Attack Level) and comply with relevant design codes.

This project received development approval from the Shire along with the two 2018 classrooms project on 06/04/2018. After signing the Capital Grant Agreement at the start of February, **Neil Tweedie Architecture** was appointed to develop the documentation including the specification and drawings and to follow the project through with contract administration. The project entails extending the covered area by one bay to the east, enclosing the north and south sides with glass exit doors, concrete blockwork & windows. Glass doors will be installed on the western sides at the top of the stairs. The eastern side will have 4 automated roller shutters installed. The documentation is available for those who would like to view it – just ask via the Office. The majority of the work for the project – 'additions and alterations to the covered assembly area' – went out to tender on 01/05/20 with four tenderers. The tender will close on 21/05/20 and we anticipate being able to award the tender 01/06/20. We are also looking at installing a lighting and sound system. The project is scheduled to be fully complete by the start of the 2021 school year, however the covered assembly area work is scheduled for completion prior to the start of the next fire season. The work is scheduled to commence on site during the Term3-Term4 school holidays and will continue into the start of Term 4.

As a result, there will be a restriction to the use of the covered assembly area at the start of Term 4. We are working to minimise this impact, but apologise in advance for the disruption.



MRIS 2020 Old Church/Library Refurbishment – Progress Update 08/05/2020

At the end of 2019, MRIS was advised that we were successful in our application under the Local Schools Community Fund from the Federal Government of \$11,452 toward the \$23,062 project to 'Refurbish the MRIS Old Church/Library' to enable its wider use as library, tutoring & calming space.

The refurbishment entails renovating the Old Church that was relocated to site in 1983 and has recently been used as a classroom & limited library during the building of new classrooms with:

Improving usability by providing universal access instead of steps at the eastern entrance
Making a safe physical space (as a Child Safe Organisation) with line of sight of occupants by installing:

- 2 low windows on western wall;
- clear glass in doors looking into area;
- library bookshelves along walls.

Making a valued space by:

updating library stock, provide calming space, tutoring, LOTE & meeting area.

This project kicked off with the ordering of new library shelving from Raeco in January 2020. These shelves arrived in March, were assembled by Roger Westaway and have now been kitted out with books by the library team - opening the space immensely.

Glass has been installed into the internal doors within the library and the installation of long narrow windows on the western wall is just about complete with the support of local carpenter Rupert Denham.

Neil Tweedie Architecture has assisted in designing the universal access for the eastern entrance that is sympathetic with both the building and our school. It is likely that this will be constructed during the mid-year holidays.

We fully anticipate acquitting this project as required by the end of the year. Although we initially intended the project to be completed by mid-year, we have faced a variety of delays not the least being the impact of COVID-19! Thank you to all supporting this project, particularly Claudia Gant, June Cunningham & Bill James.

Jessica Worrall (MRIS Chairperson)

Class News

Kindy

with Helen & Noela

Welcome back to kindy to all our wonderful kindy kids. So lovely to see all their smiling faces.

Have a great week.

Pre-Primary

with Ann, Amanda, Julie, Raine & Jasmin

Welcome to Week 2. It has been an absolute pleasure to have nearly everybody back together. With a few initial nerves for some it hasn't taken the group long to reconnect through play. This week we have been busy creating a Mother's Day gift which we hope you enjoy. Reading books have been sent home on Wednesday. If your child has already read the book on Apple books please send it back to school and I will swap it. The books do follow a sequence, however, there weren't enough for each child to receive the first one in the set. They will receive it next week. Thank you for support with the current drop off situation, especially with the challenging weather this week.

Happy Mother's Day!

Year 1

with Skye & Janine

Our digraph this week is tree 'ee'.

We have started our Talk 4 Writing narrative unit and had a surprise visitor in our classroom this week!:) The wolf from Little Red Riding Hood.

In Numeracy we are beginning to look at informal units of measurement.

News telling starts next week and the children have requested free choice as their first topic.

In Science/Geography we will become weather watchers and talk about the changes that occur in the landscape.

If you haven't done so already If you please send in your home pack ASAP.

Have a lovely weekend and happy Mother's Day to all our fabulous mums.

Year 3

with Kate & Jacki

This week in Year 3 we have been busy measuring all types of things. In Maths we are practising measuring using centimetres and metres.

This term the Science unit is 'Spinning in Space'. We will be learning about what causes day and night to occur, through hands on activities, group work and investigations. The children have explained why they think day and night occurs and we have looked at the size of the Sun, Moon and Earth in relation to one another.

Year 4

with Sara & Jacki

It has been great to see so many students return this week. This week in Maths we are focusing on Symmetry and I will post a photo on Seesaw of all the work the kids have been doing. We have started reading a new class novel called Curiosity House which is about 4 orphans who live in a museum. In Design and Technology this term we are focusing on food production and the kids have started to create their own food design. My PATHS kid for this week is Holly who is ready to assist with any task. I hope you have a lovely Mother's Day and thank you for all the support with remote learning. Best wishes.

Year 5

with Jacob, Bel & Jasmin

Happy Mother's Day from year 5. "What are we doing for mother's day?" Has been the question of the week. It has been wonderful to see the lovely poems and quotes the children have found and written for their mothers. Perhaps my favourite message coined by one of the kids: "When life throws you a

Year 6

with Laura

We are settling back in to a routine. Some people still need to bring in shoeboxes. We have reviewed maths and most people need to practice their times tables after the 'break'. There are two research projects; an endangered species from Asia and an Asian country. Thank you to Oliver for being a kind and responsible PATHS person this week.

School Dates & Info

School Calendar

Wed 13 May: Little Indies commences
9 .15am - 12.15pm

27 May— 3 Jun: Reconciliation Week

“HOW TO DO”

How To Identify a Word - and use a better alternative to the old three-cueing system (Meaning, Structure, Visual) when reading.

Reading is a highly complex process and research is showing that good readers do not guess at words nor do good readers memorise lots of words in order to recognise them in texts. Good readers do something more systematic in order to fluently read the tens of thousands of words needed to be a good reader.

The evidence supports that proficient readers have well-developed DECODING skills. Students who are taught the associations between SOUNDS (phonemes) and LETTER PATTERNS (graphemes) in an explicit and systematic manner (ie the MRIS Letters & Sounds synthetic phonics programme) go on to develop good reading skills and read accurately, fluently and with comprehension.

So DECODING a word accurately is the first important focus rather than using unreliable strategies such as looking at illustrations, re reading the sentence, saying the first sound or guessing what might fit. These result in more guessing and are not long-term reliable strategies.

TO DECODE...

Say the sounds -as you track along the word left to right.

Blend the sounds together and say the word

Have you got it? ... you might need to try again

Does it make sense? Think about whether the word sounds right and fits the sentence

Ask for help



SELF CARE NO. 2

Nutrition and Hydration

The food we put in our bodies impacts how we feel, and taking control over what we eat can have a huge impact on our mood and overall well-being (Naidoo 2018). Balancing blood sugar helps avoid “adrenal fatigue, weight gain, sleep disturbances, and cardiovascular disease” (Ryan n.d) The Health Editorial Team recommend to;

Not skip meals; not eating meals makes your body less able to assimilate food and can make you more likely to overeat at the next meal.

Keep a food journal; consider keeping track of everything you eat and drink and write down how you feel before, during and after eating and drinking. This allows reflection on where your nutrition is coming from and how what you eat impacts how you feel.

Drink more water; (adults should drink 8 ounces 8 times a day = 8x8 rule)

Reflect on the week;

When and how did you incorporate healthy eating and hydration habits into your schedule this week?

Did you notice any changes -subtle or major – in your mood this week?

How did having an awareness of your nutrition choices help shape your week?

Do you plan to continue to make a focus on nutrition and hydration part of your routine?

Other News

Scholastic have created a **Virtual Book Club Catalogue** for this issue only. View by clicking this link; https://issuu.com/scholastic_australia/docs/aus_issue_3?fr=sMTQ2ZTEwOTgzNjE

Community Corner

Library Book Club is now online! If you are aged between 10 and 14, let us know what book you enjoyed reading recently by adding your review in the comments at <https://wp.me/p8slEx-1k> (or check out amrlibraries.com).