Cross Country
Last Friday’s cross country competition was a wonderful demonstration of commitment, determination and sportsmanship. Despite the challenging course, there was no opting out or complaining from anyone. Instead, every student took part. Some ran quickly, while others moved more slowly, but every single student completed the course. Once again, they were supported and encouraged by their peers who cheered them on, encouraging them to finish or run a little faster. The values of generosity, empathy and courage were all on display, as was sportsmanship; the latter evident in the way students accepted final race results with good grace and cheer.

Events, such as this, take an immense amount of hard work, not always apparent on the day. Thank you Mrs Thorby for putting in the extra effort to make Friday the success it was. I would also like to acknowledge Michelle Smith’s contribution to this event. Some of you may not be aware that she runs a Cross Country Training Club every Tuesday and Thursday morning before school. She gives up her own time to do this because she is keen to give the students an opportunity to excel at something that is non-academic. Her energy and commitment enabled many of our students to achieve personal targets on Friday. Thank you, Michelle.

Thank you also to the P&C who organised the cake stall - another wonderful fundraiser. There are clearly some gifted bakers in our school community because those cakes sold out quickly! Finally, it was great to see so many parents supporting this event and cheering for their children and others. Both students and staff really appreciate this.

Our Environmental Advocates
I was invited into Mr Drabble’s class last week to hear about their latest project, ‘Adopt a Coastline.’ This has involved the students working with an environmental officer from the City of Joondalup to rehabilitate the local coastline at Mullaloo Beach and Marmion. The students rehabilitate the dune systems with appropriate plants, as well as taking part in several environmental briefings. Last week, during one of their beach sessions, they planted over 200 native plants. I’m sure you’ll agree, this a very impressive achievement; even more so is the knowledge they have acquired about dunes, their fragility and the need to protect them. On completion of this project, Room 11 will display all they’ve learnt at Joondalup Library. This display will be available to view from Monday 6th July until Monday 3rd August. Make sure you take a look.

Meanwhile, the rest of the school have been busy making compost – right outside my office window as it happens. Luckily for me, the smell hasn’t been too pungent! Joking aside, it is great that our students are considering the environment and ways to protect it as part of their everyday school work. Such integration is emphasised in the Australian Curriculum and a key factor in our learning programs at Mullaloo Heights. It will be interesting to see the impact of our new compost on the environmental garden over the coming months.
Team Work demonstrated by year 2, Room 6
The students in Room 6 gave us all a great lesson in teamwork during their recent assembly. Their narrative clearly illustrated what happens if someone in a team does not pull their weight. As you can imagine, the ending for the lazy individual in this story wasn’t good. The students clearly enjoyed putting on their performance, which was the result of collaboration, cooperation and a workload that was fairly shared; they certainly practise what they preach. In this statement, I also include the parents who took their task of providing costumes very seriously. They were incredible – you created a very realistic farmyard! Well done parents and congratulations Room 6 on a great assembly.

Caroline Booth
Principal

A reminder for Parents / Guardians

If you have changed any of the following details, it is imperative that you notify the school, as soon as possible:

- Residential address
- Contact numbers – home, mobile, work
- Emergency contacts
- Email address

**Medical updates:**
If your child has an anaphylactic reaction to anything, an allergic reaction or asthma, please notify our school in writing so that we can update our medical records.

Thank you

REMINDER

Kindergarten and Pre-primary Application for Enrolments for 2016

If your child was born between 1 July 2011 and 30 June 2012, you may apply for enrolment for Kindergarten for 2016. Birth certificate, Passport/ Visa and immunisation records need to be sighted and copied.

Kindergarten and Pre-primary applications for enrolment are due by Friday, 31 July 2015.

For a copy of the Application for Enrolment (Part A) for Kindergarten enrolments, please visit the office for a hardcopy.

For a complete Enrolment Package (Part A & Part B) for Pre-primary enrolments, please visit the office for a hardcopy.
Compost day with Peg from Tamala Park
Hi everyone,

Is it really winter because I’m starting to wonder with all these glorious warm days? So blessed, but at the same time we do need some rain.

I just love conversing with all the children and I have the opportunity during my day to chat with many in a variety of circumstances. Some are going about the important job of chicken monitoring, making sure the chooks have their food and, of course, collecting the eggs. Some children are in my room playing games or recreating boxes into objects of art or sometimes I am helping in the classroom. One thing I have noticed is that the children are busy and most seem happy.

If for some reason you suspect your child is feeling anxious, worried or not quite themselves, then that is where I can be of assistance. I have the time and am more than happy to have a non-threatening, non-rushed conversation with your child and try to discover what is troubling them. If you wish to ask for one of my chats for your child, please let Janine Moses (Deputy Principal) know. My days of attendance at the school are Wednesday and Thursday.

I am also available for offsite coffee chats on these days with any parent who wishes to have a chat about anything that is of concern and needs a sympathetic listener. A problem shared is a problem halved, as the saying goes.

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Monash University Researchers from Monash University and the University of Melbourne have developed a new online parenting program designed to empower parents to make sense of adolescence and parent their teenager with confidence. The program offers practical strategies that parents can use to support their teenager’s mental health.

If you are a parent or guardian of a child aged 12 to 15, you may be eligible to participate in a free trial of the program. Participation will take a few hours of yours and your child’s time, over 3 to 12 months. Both you and your child will be reimbursed for your time.

Please go to these websites for more info.
http://parentingstrategies.net/depression.brief.intervention/index.php
https://gallery.mailchimp.com/d63e4cc57337366df72d8d466/files/Partners_in_Parenting_Study_Flyer.pdf

I look forward to many more conversations.

Bev Fruin
School Chaplain
‘Building and Maintaining Resilience’ a Parenting session presented by Amy Coombe

Amy Coombe is an inspirational speaker and will be offering ideas on how to equip teenagers with the necessary tools to navigate through life’s challenges. The presentation will be held on MONDAY 15 JUNE, 6.30pm in the Bernie Boss Hall at Mater Dei College, 107 Treetop Avenue, Edgewater. **It is a FREE event.**


Or email Mrs Paula Trevor on pr@mdc.edu.wa.au

The Wanneroo Giants Baseball Club is holding two free junior “Come and Try” baseball camps in July.

All equipment will be provided and coaching is free of charge. This is a great opportunity for those currently playing teeball to see if they would like to progress on to baseball. Our juniors begin with Machine Pitch Little League at 7 years old, then onto Little League and Junior League which is an Under 15 competition.

The dates are Saturday 18th and 25th July. Sessions are from 1pm until 3pm. A great way to finish off the school holidays! The venue is our home ground, Mateljan Reserve, on the corner of Hepburn Avenue and Hartman Drive in Madeley.

Further details can be obtained via giantsregistrar@iinet.net.au