Welcome Back
Two weeks into the new term and the mid-winter holiday already seems like a distant memory. It is already proving to be busy with lots to look forward to. Efficient as always, Mrs Thorby is getting organised for the forthcoming sporting events; the Interschool Cross Country next Friday and the Athletics carnival at the end of Week 7. The rest of us are looking forward to Book Week in Week 6 and preparing the many exciting events and activities that will fill it. Just to give parents a heads up, we are asking students to dress as their favourite book character on Friday 28th August. This is the date of our special Book Week Finale, which will include a costume parade amongst other items, to mark the end of what is going to be a fantastic week. Start preparing student costumes now – prizes for the most creative will be awarded. We are also organising a Mad Hatter’s Picnic on Thursday 27th August at 12:20pm. All parents are welcome to join us for a shared lunch with our buddy classes. Note that attendance is dependent on wearing a hat – the sillier the better. More information on Book Week will follow in the next newsletter. It’s going to be great fun!

Teachers Hard at Work
Our teachers returned to school rested and ready for hard work, just as our students did. We spent the Staff Development Day identifying the many different mental strategies we can equip our students with when they are adding and subtracting. Research shows that skilled application of such strategies leads to a good understanding of number and lays the foundation for solving more complex problems. In-house maths leader, Marcelle Beeftink, led the session and shared games, songs and teaching practices that will make teaching and learning numeracy fun. Miss Beeftink will continue this work this term, working shoulder to shoulder with teachers to support the implementation of these mental strategies. She will be released from her classroom teaching duties to lead collaborative planning and team teach with colleagues on Thursdays for this term. Miss Vanessa Ameduri will teach Room 7 on these days. We believe this a great opportunity to take advantage of our in-house expertise and maximise learning opportunities for our students.

WA Education Awards
Nominations for these prestigious awards are now open. Parents can nominate teachers in the following categories: Primary Teacher of the Year, W.A Beginning Teacher of the Year and WA Education Assistant of the Year.

Visit the website to find out more: education.wa.edu.au
Uniform Feedback
Image 1 (bottle green): 24%
Image 2 (teal): 68%
Other: 8%

Comments
Prefer Image 2 in bottle green
Keep the old uniform
It looks like a soccer uniform

Feedback Box
Several items from the 2 suppliers were displayed. Students and parents gave feedback separately.

The number of forms favouring each sample was converted into a percentage.

<table>
<thead>
<tr>
<th>Parent Feedback</th>
<th>Student Feedback</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bottle Green</td>
<td>26%</td>
</tr>
<tr>
<td>Teal</td>
<td>71%</td>
</tr>
<tr>
<td>Neither</td>
<td>3%</td>
</tr>
<tr>
<td>Bottle Green</td>
<td>4%</td>
</tr>
<tr>
<td>Teal</td>
<td>96%</td>
</tr>
</tbody>
</table>

The forms also gave an opportunity to add comments or questions. These fell into the following categories:

<table>
<thead>
<tr>
<th>Comment</th>
<th>Response</th>
</tr>
</thead>
<tbody>
<tr>
<td>Jackets may not be warm enough</td>
<td>A polar fleece layer can be added to the jacket. Parents can then choose to buy heavier or lighter jacket according to their preference.</td>
</tr>
<tr>
<td>Zip in dress may break</td>
<td>A zip has been selected for the dress so that is easy for small children to put on. The company has manufactured these dresses for many primary schools and not had any complaints about wear and tear of zip. However, if this should be a problem, a button design can be manufactured.</td>
</tr>
<tr>
<td>I like jazz pants of original uniform</td>
<td>This request will be taken into account when we select winter uniform items.</td>
</tr>
<tr>
<td>I am worried about the cost</td>
<td>Both samples will be more slightly more expensive. The teal green is the cheaper option and can be supplied at a price where potential profit for school is passed onto parents, thereby keeping prices lower. Prices will be available when we have established the items we want manufactured. In light of the slight increase in cost, we will not be expecting parents to buy an additional shirt for sport. Instead, reversible school hats with faction colours can be bought. Students will reverse hat for sporting events. White faction will change to blue next year. This is because white gets dirty very quickly.</td>
</tr>
<tr>
<td>Shorts look like they will tear</td>
<td>Both manufacturers have provided shorts for many primary schools in this fabric. There have been no complaints about poor wear and tear.</td>
</tr>
<tr>
<td>I would prefer natural fabrics</td>
<td>Neither designs use natural fabrics. The fabrics have been selected to accommodate the excessive wear and tear placed on school uniforms caused by increased number of washes and the fact they are worn by children. The track pants have a double layer of fabric sewn in the knee. The fabric of the teal sample fabric includes moisture wicking, designed to keep wearer dry while sweating. The addition of wicking is said to help the body stay cool in hot weather and warm in cold weather.</td>
</tr>
</tbody>
</table>

Thank you for your feedback. Your input, student and parent, is very much appreciated. This information has been discussed with the School Board and we are now working on an implementation plan to introduce the teal and red uniform. We will let you know which items will be available and the cost as soon as possible. Note, there will be a 1 year phase-in of the new uniform, allowing you to buy key items while getting the wear out of your child’s original uniform. Please be reassured that we will keep you informed of all developments. If you have any concerns, I am happy to discuss them. Please pop into my office and have a chat.

Caroline Booth
Principal
Yes, Mullaloo Heights PS is participating in the Woolworths Earn & Learn program. Through this program we will be able to get new educational resources for our school and all we need you to do is shop for your groceries at Woolworths.

Up until Tuesday 8th September, we are collecting Woolworths Earn & Learn Stickers. You will get one Woolworths Earn & Learn Sticker for every $10 spent (excluding liquor, tobacco and gift cards). Place the Woolworths Earn & Learn Sticker onto a Woolworths Earn & Learn Sticker Sheet and when it’s complete, the Sticker Sheet can be dropped into the Collection Box located in the school office.

At the end of the promotion, we’ll be able to get some great new equipment. The range is extensive and offers lots of items ideal for our students – including resources for Maths, English, Science and some fantastic fun supplies for Arts & Craft, Sport and for our library. If you’d like to know more visit woolworths.com.au/earnandlearn
Over the July school holidays, Montana H. (Yr6) who attends James Laplau Institute of Dance, competed at the Mandurah Festival of Dance.

We would like to acknowledge her achievements.

Montana came 1st in her 12U Modern Solo and 2nd in her 12U Acro Solo. These are great achievements at dance comps.

Well done Montana!

Creative with counters... Savvy with scissors .... Nifty with Numbers

Parents we need your creative talents and skills on a Wednesday afternoon from 1.30 — 2.45pm to form a small parent group to assist in the creation of educational resources and games.

All equipment /materials are supplied plus afternoon tea and the opportunity for you to share your expertise and talents in an informal and friendly environment supporting your child’s education through the creating resources and games.

If you would like to be involved, please email mullalooheights.ps@education.wa.edu.au
Chaplain’s Chat

Hi everyone,

These cold days and nights and winter in general is often seen as a hard time of the year in terms of how we feel about ourselves and the world. It takes a lot of motivation to get up off the lounge and out the door into that cold, brrr, outside. Those winter blues hit us again and with it Stress appears.

According to Jasmina Rowe, Clinical Practice Supervisor at Kids Helpline stress is on the increase in children. (But please keep reading there is good news to follow) 😊

Here are some outlines of how stress happens

- **Positive stress response** - is considered as a normal part of healthy development, for example, going to school camp or starting at a new school. When experienced in a supportive environment, it can provide important opportunities to learn and practice healthy responses to life changes.

- **Tolerable stress response** - activates the body’s alert systems to a greater degree as a result of more severe, longer-lasting stressors, for example, parental divorce, illness or injury, or bullying at school.

- **Toxic stress response** - can occur when a child experiences strong and/or prolonged multiples stressful events without adequate adult support, for example, physical or emotional abuse, chronic neglect, parental mental illness, or exposure to violence. It can disrupt early brain development and lead to many health problems.

And the good news

How can parents help their kids cope with stress?

It is important for parents to teach kids to recognise and express their emotions, and to use healthy ways to cope with the stress they experience. Parents can:

- regularly spend calm and relaxing time with their children
- listen to their children and encourage them to talk about their feelings and worries
- provide a safe and nurturing family environment
- encourage physical activity and healthy eating habits
- use positive encouragement and rewards instead of punitive measures
- avoid being critical and negative towards their children
- show active interest in their children’s activities and hobbies and participate when possible
- demonstrate active interest in their children’s school progress and support them with their learning and homework
- monitor their children's access to media and ensure they are aware of safe online practices support their children if they are exposed to bullying
- manage their own stress and be a positive role model
- avoid over-scheduling children and allow them free time to play, read, listen to music or just 'veg–out’
- help build children's sense of self-worth by recognising their achievements and avoid placing unrealistic expectations on them
- seek professional help if signs of stress do not decrease.

See the following free information and services provided by Kids Helpline:

- Hot topics for kids
- **Free counselling for kids and parents** - 1800 55 1800 or online www.kidshelp.com.au
- Information for parents
- Free counselling for primary schools

Bev Fruin
School Chaplain
Rewarding regular savers with amazing prizes.

We're bringing the exciting news that an intergalactic Prize Portal has appeared on Planet Savings, giving students who demonstrate good savings behaviour the chance to win amazing prizes:

- 75 x iPad mini Wi-Fi 16GB
- 125 x Beats by Dr. Dre Solo2 Headphones
- 200 x $30 Booktopia Gift Certificates

Help the Dollarmites activate the Prize Portal for a chance to win
To activate the Prize Portal, students must simply make three or more School Banking deposits during Term 3 and they will automatically be entered into the competition for a chance to win one of hundreds of prizes. Students can also complete a Money Mission at commbank.com.au/prizeportal to double their chance of winning a prize. (Please note, students can start the Money Mission at any time, but are required to make three deposits by the end of Term 3 to double their chance of winning).

Win books for your school library
We're also giving schools participating in the School Banking program a chance to win one of 75 sets of children’s books for their school library, valued at $200.

For more information, visit commbank.com.au/prizeportal

Things to know before you game:
Conditions apply. See commbank.com.au/prizeportal. Promotion starts 8.00am AEST 13/7/15 and ends 11.59pm AEST 25/9/15. Student Element: Entry is open to all YouSave customers aged 4-13 years. 1 entry received when 3 deposits are made through the School Banking Program. 1 bonus entry received when completing a Money Mission activity at commbank.com.au/prizeportal and submitting a fully completed entry form. Max. of 7 entries per person. Entries will be divided into the following State/Territory groups: NSW/ACT, Vic, SA/NT, Tas, Qld and WA. A total of 400 prizes comprising 75 iPad mini Wi-Fi 16GB space grey tablets valued at $599 each, 125 Beats by Dr. Dre Solo2 On-Ear Headphones valued at $259 each and 200 $30 Booktopia Gift Certificates, will be distributed amongst the State/Territory groups. The winners’ names will be published in the public notices section of The Australian on 23/10/15. School Element: Entry is open to all schools operating in Australia who participate in the School Banking Program and have at least 1 student entered into the Student Element of this promotion. Limit of 1 entry per school. Entries will be divided into the following State/Territory groups: NSW/ACT, Vic, SA/NT, Tas, Qld and WA. A total of 75 prizes of a selection of children’s books to the value of $200 for each winning school’s library will be distributed amongst the State/Territory groups. Prize draws will take place at 12 noon AEST 13/10/15 at Commonwealth Bank, Level 3, 11 Harbour Street, Sydney. Total prize value $75,015.75. Apple is not a participant or sponsor of this promotion. ‘iPad mini’ and ‘Beats by Dr. Dre’ are trademarks of Apple Inc., registered in the US and other countries. This Promoter is Commonwealth Bank of Australia ABN 48 123 113 124 of Level 3, 11 Harbour Street, Sydney NSW 2000. NSW Permit No.LPE/15/020986; ACT Permit No TP15/05517; Vic Permit No T15/810; SA Permit No T15/832.
Mullaloo Heights Primary School P&C Association have organised a mammoth garage sale which is being held on

Sunday, 9 August 2015
from 9.30am – 2.30pm
in the schools undercover area.
Including; sausage sizzle, cake stall and prizes to be won!
NOTIFICATION OF INTENTION TO COMMENCE ROAD RESURFACING WORKS ON NATICA PLACE, MULLALOO

As part of the City’s 2015/2016 Capital Works program, asphalt resurfacing works are scheduled to be carried out on Natica Place, Mullaloo.

The scope of the works will include kerb replacement (where required), installation of driveway crossover kerbing, replacement drainage gully lids, asphalt resurfacing and the replacement of existing kerb numbers. Kerb numbers will be replaced by the City’s authorised contractor, Sam Duina, S&C Line Marking on the completion of works.

The works are currently scheduled to begin in the week commencing 28 July 2015 and are anticipated to be completed within 8 weeks, weather permitting.

Whilst it is inevitable that works of this nature will cause some inconvenience to yourself and persons living in the vicinity, every endeavor will be made to ensure that disruptions will be kept to a minimum, including access to properties.

Should you have any queries regarding this project, please contact the City’s Road Resurfacing and Paths Supervisor, Mr Lamy Raykos on 9400 4138.
Raising Emotionally Resilient Children

Date: 10 August 2015
Time: 6:15 pm - 8:30 pm
Cost: $27.50/$18.50 (concession)
Venue: Sanori House
126 Grand Boulevard
JOONDALUP

Seminar Overview:
Would you like your children to be resilient and know how to manage difficulties in life? This two hour seminar can show you how to improve your child’s emotional intelligence to increase their resilience, concentration, friendships and even help them through difficult times such as divorce or grief and loss.

Register:
Please phone 9263 2121 or email education@anglicarewa.org.au

Call us today
9263 2121
or email education@anglicarewa.org.au

AnglicareWA
Coming soon to Ocean Reef Senior High School

POSITIVE PARENTING PROGRAM

FREE PARENTING SEMINAR - for EVERY PARENT - Term 3 2015

Teen Triple P - Positive Parenting Program
An evidence-based system designed to provide parents with the confidence and skills to:
- enrich parent-teenager relationships
- guide the behaviour of their teenagers
- assist with managing common challenges.

Triple P is currently used in 25 countries and has been demonstrated to be effective across cultures, socio-economic groups and in varying family structures.

Triple P provides parents simple and practical strategies to build strong, healthy relationships with their children/teenagers and help them confidently guide their children’s/teenager’s behaviour and emotions to prevent problems developing.

It aims to create family environments that encourage children to realise their potential.

Parents of current Year 6 students are welcome to attend.

Program Details-
Venue: The Seminar will be held at Ocean Reef Senior High School
Date: Wednesday 26 August.
Time: From 6.30pm to 8.30pm

Bookings are essential.

To register to attend please contact-
Ocean Reef Senior High School front office Phone: 93070222
Hurry....registrations are limited.