

An Independent Public School

Morawa District High School

NEWSLETTER

Issue 2, April 2016

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EVENTS COMING UP

.....

P&C Meeting

Mon 4 April

7pm in Staff Room

.....

Fotoworks School

Photos

Tuesday 5 April

.....

Spelling Bee Final

Thurs 7 April

.....

Whole School Assembly

Fri 8 April

.....

Last Day of Term 1

Friday 8 April

.....

First Day Term 2

Wed 27 April

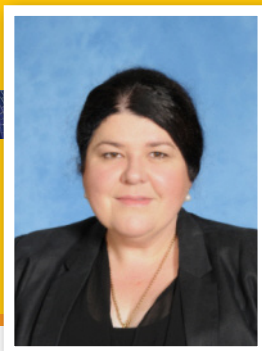
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School Ball

Sat 14 May

.....

Like us on Facebook
Morawa District High School



Tonia Carslake

From the Principal

PRINCIPAL'S MESSAGE:

The term is coming to a very quick close. The past few weeks have been an enjoyable whirlwind of carnivals, excursions, assemblies and of course academic and personal growth and learning for our students. Now it is time for reflection for all students on how well they achieved their goals this term and what their focus will be in the new term ahead. Please make the time over the holiday period to reflect and talk with your child about how they are going at school, both in and out of the classroom. For those who have not fulfilled their goals, it is certainly time to set new ones before next term.

ATTENDANCE

Congratulations to those students who received awards at the final assembly for 100% attendance this term. A reminder to all students, if you miss one day every fortnight by Year 9 you will have missed a whole year – every day counts. Primary students who achieved their attendance goals will be involved in a rotation

of fun activities on Friday and the Secondary attendance reward for target achievers is morning tea. Congratulations to those students.

STUDENT LEADERSHIP TRAINING 2016

This year, our Student Councillors and House Captains have been fortunate to have had the opportunity to develop their leadership and problem-solving skills at the Student Grip Leadership Conference in Geraldton on the 22 and 23 March. This conference is specifically designed to equip students with the skills and knowledge they will require to be successful school leaders. The skills the students learn will help them become well rounded, confident contributors to the school community. The Primary students were accompanied by Miss Chivers and Mrs Clark and the secondary students were accompanied by Mrs Solomon and Mr Taylor from the WACOAM.

INTERHOUSE MDHS WACOAM / INTERSCHOOL SWIMMING CARNIVALS

The Interhouse swimming carnival

Endeavour & Achieve

was held Week 4, Friday 26 February at the Three Springs Town Pool. This was a very successful event with Ruby winning the House Shield and Cobweb taking out the Senior School Shield. The Interhouse carnival was jam-packed with events and many records were broken. I congratulate those students who were champions or runner-up champions on the day, record breakers or who simply set a new PB. Thank you to Mr Duncanson and Mr Cameron Tubby for the organisation of this event and the P & C, staff, parents and volunteers for their support on the day; the Shire of Three Springs; the Morawa Swimming Club for the use of their Dolphin Timer and equipment; and to Ms Jimiece Coughlan for making these fantastic facilities available to our students. It was a very successful carnival. Well done to all involved. The Interschool Swimming Team had just as much success at the Interschool Carnival, which was held again at Three Springs town pool on Friday 18 March against students from Dongara and Carnamah District High Schools. Carnamah DHS won the overall shield and the handicap shield and many records were broken. Thank you to those parents who supported the team at this event.

P & C UPDATE

The P & C AGM was held on Wednesday 2 March. Congratulations to our P & C Office Bearers: Mrs Bree Philipps, President; Vice President and Sports Rep; Mr Cameron Tubby, Mr Andrew Denham; Vice sports Rep, Mrs Nicola Appleton, Secretary; and Mrs Jane Coaker and Mrs Di McBeath; Treasurers. It was very pleasing to see so many parents keen to be part of the P&C this year, with many great ideas for supporting the school and students. The P & C has the best interests of the parents and students at heart. We look forward to your support throughout the year, either through attendance at the meetings or at the various P&C functions.

EASTER HAT PARADE K/PP

The annual Easter Hat Parade for Kindy and Pre-Primary was held on Tuesday 22 March at the Kindy building. The student performances were delightful. Thank you to the P & C for providing the Easter Eggs; to all the parents that attended and bought the morning tea; to Ms Tulloch, Mrs Atkinson and all staff involved in organising this fabulous event.

YEAR 5/6 ASSEMBLY

Congratulations to the Year 5/6 class and Miss Chivers for “The Greatest Broadway Show on Earth” production at this week’s assembly. We certainly have some acting talent in this class. Congratulations to all honour certificate receivers as well.

SPELLING BEE

The annual Spelling Bee final competition to be held on Thursday 7 April in the Performing Arts room at 10.30am. Thank you to Mrs Glassford-Hill for coordinating this event and best wishes to all finalists involved.

ON-ENTRY ASSESMENT PROGRAM

During Term 1 all students in Pre-primary, and identified students in Year 1 and Year 2 were involved in On-entry assessments by classroom teachers. The On-entry Assessment Program is compulsory for all Pre-primary students in public schools. The On-entry assessment focuses on skills and understandings that are known to predict future literacy and numeracy success. This information is used to inform the planning and delivery of targeted programs, reflective of each child’s needs and capabilities.

Following the assessment period, parents will receive a Summary for Parents which provides them with an overview of your child’s current skills and understandings as demonstrated during the assessment tasks. These will be sent home on Wednesday 6 April. Please contact classroom teachers if you would like to discuss these results. Please note there is no pass, fail or minimum standard.

ONLINE LITERACY AND NUMERACY ASSESSMENT (OLNA)

The OLNA is an online literacy and numeracy assessment for students in Year 10. It is designed to enable students to successfully meet the Western Australian Certificate of Education (WACE) requirement of demonstrating the minimum standard of literacy and numeracy. To successfully meet the literacy and numeracy requirement from 2016, students must demonstrate the skills regarded as essential to meet the demands of everyday life and work in a knowledge-based economy. Students will get a few opportunities to demonstrate these skills over the course of year 10,11 and 12. These skills must be demonstrated by then end of year 12 in order

for students to graduate.

YEAR 12 STUDENT ENROLMENTS IN COURSE UNITS FOR 2016 – TIMELINE

Changes to enrolments for Year 12 students studying course units (in ATAR, General, Foundation, Preliminary and VET industry specific) close on Wednesday, 6 April 2016. If you have any queries or concerns regarding the courses your child is studying, please contact Mr McGann prior to this date.

INTERIM PROGRESS REPORTS

Secondary student from Years 7-12 will receive interim progress reports next Wednesday 6 April. If you have any concerns or queries regarding these please contact Mrs Baden-Powel or Mr McGann.

SCHOOL BALL

The Annual MDHS and WACOAM School Ball will be held early in Term 2 on the 14 May. The theme for this formal event is “Walking in the Clouds”. Tickets will be on sale for \$40 early next term. More information will be distributed closer to the date.

RAC EXCURSION

Students from Year 10 attended the RAC WA Young Drivers Awareness Program in Geraldton last Thursday. Thank you to Mr Duncanson and Miss O’Halloran for giving the students this opportunity.

UNIFORM

With winter on our door step it is important that students come prepared with current school uniform form next term. All stock has arrived with many options of jumpers, jackets and cardigans. Thank you to the P & C and Ms Teneke Knight for operating the uniform shop so efficiently. If you need assistance in purchasing uniforms for your child/children please phone the school office for a payment plan.

NATURE PLAYGROUND

Morawa DHS is planning to design and construct a Nature Playground incorporating the existing Adventure Playground. This will provide a more natural play space for the junior primary students using recycled materials such as fallen large logs, old tyres, culverts, sandpits, sensory gardens and general fun imaginative play objects. We would

really like you input and donations. We plan to have a busy bee in the near future with the support of the P & C. Please refer to the article in the newsletter. We hope you will be able to assist in some way. Many thanks.

TEACH LEARN GROW eMENTORING

Teach Learn Grow are back! Teach Learn Grow launched an online mentoring program in mid-2014 that aims to encourage students to engage in their learning. The eMentor program allows students to participate in several one hour sessions with their own mentor, a university student from Perth. The eMentor program utilises the online program SABA Classroom to conduct these sessions which is the same program used by the School of Distance Education WA (SIDE). We are very pleased to advise that 13 students will be involved in this program from Years 5-7 next term. Mr Hunt will be coordinating eMentoring next term. For any further informantion, please contact the school office.

Teach Learn Grow will be in our school Term 2 week 10 to work with students in numeracy. This is always a fabulous week and we look forward to their visit.

NAPLAN

The National Assessment Program – Literacy and Numeracy (NAPLAN) is an annual national assessment of students in Years 3, 5, 7 and 9. All students are expected to participate in the testing unless they have applied for an exemption. Please contact the school for further information in regards to exemptions and withdrawals.

Students will be assessed in language conventions (spelling and grammar and punctuation), writing, reading and numeracy. The tests are scheduled for Tuesday 10 May to Thursday 12 May. All schools across Australia must complete the tests on the same days. If your child is going to be absent on one of these days or if have any queries or concerns regarding your child’s participation in the assessment, please contact the school. Catch up testing will occur on the Friday.

You can get more information on the NAPLAN testing process by:
Accessing the NAPLAN website (nap.edu.au)
and the My School website (myschool.edu.au)
Accessing the School Curriculum and Standards

Authority website (scsa.
wa.edu.au/internet/Years_K10/
NAPLAN)

ANZAC ASSEMBLY

I would like to extend a warm invitation to the school community to the combined MDHS and WACOAM ANZAC Assembly. This will be held on Friday 29 April at 9.15am at the MDHS Undercover area.

KEY DATES

Term one concludes on Friday 8 April. The final whole school assembly is held on this day. Term 2 begins for students on Wednesday 27 April. Monday 25 April is the ANZAC Day Public holiday. Staff are involved in Professional Development for the first day of term Tuesday 26 April.

Mrs Tracy Tapscott will be taking some well-deserved long service leave Term 2. I would like to thank Tracy for her dedication and outstanding input to MDHS and wish her well for her break. Mrs Wendy Glassford-Hill will be acting Primary Deputy in her absence. I look forward to working with Wendy in this role.

Thank you to all staff, students and parents for your hard work and commitment to the school this term. Congratulations to the vast majority of students who have worked hard to achieve their goals set at the beginning of the year. I wish you all a happy, enjoyable and safe holiday.

Kind regards,
Mrs Tonia Carslake
Principal

2016 Contributions and Charges

All parents and care givers should have received their 2016 Contribution and Charges statements in the mail. Thank you to those parents/caregivers who took up the 10% early payment discount offer. Parent contributions play a vital part in supporting your child and your contribution is appreciated. Voluntary contributions are directed to support your child's learning and are about making your child's school that little bit better and providing something that would not otherwise be able to be purchased.

A reminder that all student payments received this year will be entered into the draw to win a 2016/2017 Morawa Family Pool Pass.

For your information;

Kindergarten - Year 6

In 2015 the overall collection rate for the primary school was 43.00%

Morawa DHS ask parents for a voluntary contribution of \$60.00

Calculated on a 40 week school year this works out at \$1.50/week

Year 7 -10

In 2015 the collection rate was 47.00%

Morawa DHS asks parents for a voluntary contribution of \$235.00

Calculated on a 40 week school year this works out to \$5.87/week

Year 11 & 12 school and SIDE charges

In 2015 the collection rate for the senior school was 43.00%

A reminder to parent/caregivers that in Year 11 and 12 all school fees are classified as compulsory and therefore payment is expected. The school relies on school fees paid to run the high cost senior school programs and all fees are kept to a minimum.

RECOVERY OF DEBTS

Background: All debts or account receivables represent outstanding money due to the school.

Most, if not all, of the debts due to a school consist of fees and charges owing by the students and parents. Recovery of such debts is covered under section 106 of the School Education Act 1999.

a) Principals must ensure that all outstanding debts are reviewed regularly for appropriate action.

b) Except for voluntary contributions, principals must ensure that recovery measures are taken to recover any outstanding debts owing to the schools.

Statements will be sent out again next term and parents and caregivers are welcome to set up periodical payments to assist with budgeting and can contact the Manager Corporate Services, Linda Jenkins on 99710900 to arrange this.

Reminder: Secondary Assistance Scheme applications close Friday 8 April 2016.

Please refer to article on page of newsletter for details.



HARMONY DAY

Friday 8th April


PRIMARY STUDENTS:
Wear any traditional cultural dress

SECONDARY STUDENTS:
Wear yellow/orange

Gold coin donation which will go towards sports equipment

"Walking in the Clouds" School Ball

Sat 14 May



Morawa Town Hall

Tickets \$40

(Tickets will be available shortly)



Fotoworks School Photos

Tuesday 5 April.

If your child is in the band, please remember to also send in their band uniform for those photos.

All Student Councillors and House Captains need to wear their badges. If your child is a house captain, please also provide them with their House shirt.

Sibling photo envelopes are available at the front office - or call us and we can send one home in your child's bag.

Thank you.



Congratulations to those students who made it into the Spelling Bee final, to be held at 10.30am Thursday 7 April in the Performing Arts Room.

Parents are most welcome to come along.

SAS REMINDER!

SECONDARY ASSISTANCE SCHEME

YEARS 7 TO 12
YOU MAY BE ELIGIBLE FOR UP TO:

\$350

towards school expenses

DO YOU HOLD A:

- CENTRELINK HEALTH CARE CARD
- (OR) • CENTRELINK PENSIONER CONCESSION CARD
- (OR) • VETERANS' AFFAIRS PENSIONER CONCESSION CARD

Applications Close
Friday 8 April 2016

ASK SCHOOL RECEPTION FOR MORE INFORMATION

Nature Play Space

Morawa District High School is planning to design and construct a nature play space incorporating the Pre –Primary and the adventure playground.

Nature play spaces are play areas that use natural, locally sourced and recycled materials such as logs, rocks, stumps, sandpits, tyres, wood and plants. They encourage cooperative play, quiet play, risk taking play and active play. Not only are nature play spaces really fun spaces for our children but research shows that there are many benefits such as: gross motor skill development; increased creativity; improved ability to recognise, assess and negotiate risk; increased physical activity higher resistance to stress; and a reduction in bullying behaviour.

The Morawa DHS Grounds Committee will oversee the planning and implementation, together with representatives from the P&C and P&C Pre- primary Committees.

At this stage we are gathering ideas and support from students, parents, and the wider school community. We have engaged Mr Frank Baden –Powell to appraise the site and draw up a set of plans for review.

Once plans are finalised we can determine the cost and timeframe to complete the project.

While the school has some resources, we will be looking at community support through working bees and other funding options such as community grants, community donations and fundraising.

The secondary students enrolled in Certificate II Resources and Infrastructure (Work Preparation) will be building a play structure as part of their assessment task and the Engagement Programme students will also be involved in a construction project as part of their learning programme.



To get the ball rolling we are seeking donations from the school and business community for materials and resources. These include:

- Paving
- Old paint
- Pine poles
- Old tyres (all sizes)
- Tree stumps and logs
- Rocks and boulders – round edges
- Thick rope/ chain
- Sand
- Woodchips
- Mulch
- PVC Pipe
- Wooden planks/decking
- Concrete culverts
- Cray pots
- Old metal or wooden wheels
- Anything else you may have lying around

All donations will be greatly received and can either be left at the school or we can arrange local pick up if required. Please contact the school office on 99710900 for further information or if you would like to offer your support in anyway.

We will keep you updated on the progress through our Facebook page and school website.

Easter Hat Parade



Performing their Easter items



All ready to show off their beautiful hats



Wylie & Harvey

PBS News

Respect, Responsibility and Achievement

In recent weeks our focus in Primary Health and Pastoral Care classes have been:

Respect - Follow all staff instructions promptly and politely.

Achievement - Persevere when faced with challenges.

In week 8 a Bee Mascot Competition was conducted. There were some great designs with 32 shortlisted to be voted on by the PBS team. There are now five finalists' designs which proceed to Stage 2 where their creative ideas will be developed. The outcome of this process will be consolidated into the final PBS mascot for the school.

To all parents and students at Morawa District High School:

Did you know that a Continence Nurse Advisor is available in this region for any issues with Bladder or Bowel?

Mary O'Connor provides this service for WACHS-Midwest (East), which includes Mullewa, Morawa, Three Springs and Dongara; including Mingenew, Eneabba, Perenjori, Carnamah and Coorow.

Service includes assessment of all issues associated with bladder and bowel for both males and females, of all ages. Self-referrals are available and sometimes may require further referral to GP or other allied health specialist.

Many children have issues with constipation or bedwetting and this can be addressed readily through the continence nurse advisory service. If you or your children require any assistance, or advice, for continence issues please feel free to contact Mary via the Morawa Hospital on (08) 9971 0200, or Three Springs Hospital on 9954 3200.

Often many issues are resolved with simple changes to either diet/fluid intake or correct positioning on the toilet. For further information please contact Mary O'Connor, or the National Continence Helpline on 1300 33 00 66.

Interhouse Swimming

Year 3 Girls

CHAMPION: Carly Ballantyne
RUNNER UP: Lisa Mitchell

Year 3 Boys

CHAMPION: Matthew Olsen
RUNNER UP: Cameron Tomlinson

Year 4 Girls

CHAMPION: Sophie Scott

Year 4 Boys

CHAMPION: James Olsen
RUNNER UP: Junior Whitehurst

Year 5 Girls

CHAMPION: Bella Tomlinson
RUNNER UP: Denayh Coyne

Year 5 Boys

CHAMPION: Mac Ballantyne
RUNNER UP: Dehan Clarence

Year 6 Girls

CHAMPION: Megan Letton
RUNNER UP: Atayah Aliphon

Year 6 Boys

CHAMPION: Regan Tubby
RUNNER UP: Mitchell Caruso

Year 7 Girls

CHAMPION: Lauren Appleton
RUNNER UP: Ella Jewell

Year 7 Boys

CHAMPION: Dayan Francis
RUNNER UP: Dion Jefferies-Paterson

Year 8 Girls

CHAMPION: Hayley Clayton
RUNNER UP: Megan Clarence

Year 8 Boys

CHAMPION: Khaylan Vick

Year 9 Girls

CHAMPION: Sarah Connolly
RUNNER UP: Danielle Letton

Year 9 Boys

CHAMPION: Seth Francis

Year 10 Girls

CHAMPION: Ashlee Clarke (Ag)
RUNNER UP: Shanie Morey (Ag)

Year 10 Boys

CHAMPION: Lachlan Fraser
RUNNER UP: Zepplin Curtin

Year 12 Girls

CHAMPION: Taylor King
RUNNER UP: Tiarna Kanny (Ag)

Year 12 Boys

CHAMPION: Arran Teakle (Ag)
RUNNER UP: Mitchell Clarke (Ag)

House Winners: RUBY!



Ruby Captains,
Jerrilee & Matthew,
accepting their winning shield.



200m Open Freestyle Winner:
Taylor King & Regan Tubby

Interhouse Swimming



Year 10 Girls



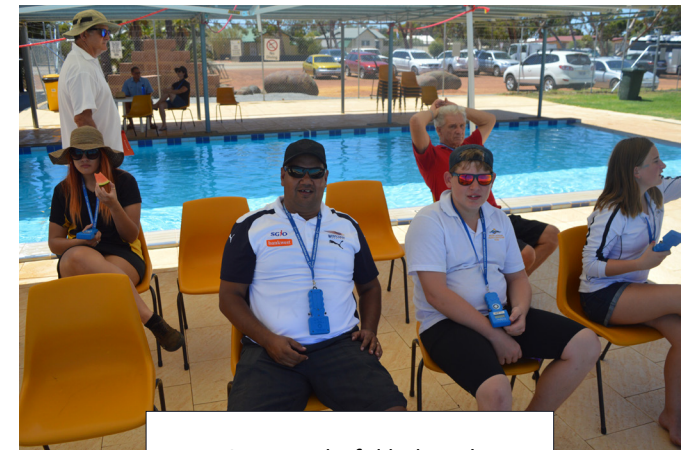
Tegan, Ella & Lauren ready to go



Megan, Atayah & Amy happy with
their swim!



Secondary Champions and Runner-Ups



Our wonderful helpers!



Jamie, Gary, Max and Seth chilling
out between races



Primary Champions and Runner-Ups



Year 5 Boys

Parenting *ideas* INSIGHTS

Building parent-school partnerships

WORDS Michael Grose

Is your teenager sleep-deprived?

Sleep research has shown that the brain practises what it has learned during the day when a young person is asleep. So sufficient sleep consolidates past learning as well as keeps a young person fresh to maximise their future learning.

Many teenagers today are sleep deprived because they don't get enough sleep. They need between nine and 10 hours sleep each night, yet most get about seven or eight hours sleep. Some get less. Sleep deprivation is akin to jet lag, where they don't function at their optimum. The sleep-wake cycle for teenagers is delayed by up to two hours. That is, they are sleepy later and awake later than when they were children.

Most teens secrete melatonin, which makes them sleepy, around 11.00pm, which makes the time before then a sleepless zone. Children secrete melatonin far earlier than this.

Cortisol, the chemical that wakes them up, is secreted at 8.15am for many teens. It seems the teen brain wants to be asleep just when most have woken up.

One US study found that 20% of teens were asleep in class in the morning, which had catastrophic effects on learning. As a result a number of high schools have delayed the start of school time to accommodate the teen sleep-wake cycle. This enables teens not only to get more sleep but to be at their best (or at least awake) when they are at school.

The results were startling and immediate, including better learning, better behaviour, less fights and fewer kids dropping out of school.

Sleep maximises brain growth, which occurs during adolescence. Sleep also consolidates learning. Sleep research has shown that the brain practises what it has learned during the day when a young person is asleep. So sufficient sleep consolidates past learning as well as keeps a young person fresh to maximise their future learning.

Sleep experts have noted that children who develop good sleep patterns tend to carry these into adolescence.

Good sleep habits include:

- 1 **Regular bed-times** Kids may fight this, but be regular during the week and let kids stay up a little later on weekends.
- 2 Have a **wind-down time** of up to 45 minutes prior to bed. This includes, removing TV and other stimuli, calming children down, and limiting food intake (and caffeine for teens).
- 3 **An established bed-time routine** that makes the brain associate behaviours such as cleaning your teeth and reading in bed with sleep.
- 4 Keeping **bedrooms for sleep** and not for TV. Bedrooms that resemble caves seem to be recommended.

- 5 Maximising the **three sleep cues** of: darkness (cave-like bedroom), lowering body temperature (baths can be good for this) and melatonin (work within their cycle).

Better knowledge of the biology of sleep and of sleep patterns, as well as instigating good habits, will go a long way to helping kids and teens get a good night's sleep.

Sleep tips for teens:

- 1 Allow them to catch up on lost sleep during the weekends.
- 2 Help your young person schedule their after school activities to free up more time for rest.
- 3 Discuss ways to limit stimulating activities such as television and computer around bedtime. Encourage restful activities such as reading.
- 4 Afternoon naps are good ways to recharge their batteries.
- 5 Make sure they go to bed early each Sunday night to prepare for the coming week.

Stay one step ahead of your kids with great ideas & expert advice from Michael Grose. Join Michael's **NEW Parentingideas Club** today at parentingideasclub.com.au. You'll be so glad you did.

parentingideas.com.au

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Interschool Swimming

Our champions and runner-ups

NAME	PLACE	DIVISION
Matthew Olsen	Runner-Up	Year 3 Boys
James Olsen	Runner-Up	Year 4 Boys
Megan Letton	Runner-Up	Year 6 Girls
Regan Tubby	Champion	Year 6 Boys
Hayley Clayton	Champion	Year 8 Girls
Khaylan Vick	Runner-Up	Year 8 Boys
Sarah Connolly	Champion	Year 9 Girls
Danielle Letton	Runner-Up	Year 9 Girls
Jerrilee Clayton	Runner-Up	Year 10 Girls
Taylor King	Champion	Year 11/12 Girls
Dakota Curtin	Runner-Up	Year 11/12 Girls
Anthony Whitehurst	Champion	Year 11/12 Boys



Enthusiastic cheer squad!



Records set:

REGAN TUBBY

- Yr 6 50m Freestyle - 35.45 sec

REGAN TUBBY

- Yr 6 50M Backstroke - 46.83 sec

REGAN TUBBY

- Yr 6 50M Butterfly - 53.40 sec

DAKOTA CURTIN

- Yr 12 50m Backstroke 45.05 sec



The Winners of the day

WANTED

The Year 3/4's are collecting plastic bottle tops - milk, juice, iced coffees etc.

Please drop any you have at the front office, or send them in with your children.

Thank you!

The winners for the Easter Colouring Competition are:
Pre-primary – Felix Andrews
Year 1 – Evie Chappel
Year 2 – Sophie Collins
Year 3 – Carly Ballantyne
(Carly was our overall winner- This winning entry will be entered into the state competition.)

Year 4 – Domonic Brockman
Year 5 – Corin Campbell

Thank you sincerely to Greg Jenkins and Newspower for their generous support.



WEEK	MON	TUE	WED	THU	FRI	SAT/SUN
10	Apr 4 P&C Meeting	5 School Photos	6	7 Spelling Bee Final	8 Last day of Term 1. Assembly	9/10
HOLIDAYS Students return Wednesday 27 April						
1	25 ANZAC DAY	26 Pupil Free Day	27 First Day Term 2	28	29 ANZAC Service	30/1
2	2	3	4	5	6 Secondary Assembly	7/8