



MAKYBE RISE
PRIMARY SCHOOL

Makybe Rise News

Principal's Message

Dear Makybe Rise Families

Does it really matter if a child misses a bit of school here and there? The evidence (from analysing the attendance patterns of 415,000 students in WA) is clear that, yes, it does.

Professor Stephen Zubrick's WA research shows academic achievement declines for every day of absence - in other words, every day of attendance counts and there is no 'safe' level of absence that students can get away with. It really makes a difference if students attend every day.

Whilst our school attendance has improved since we introduced our daily points system, we still have work to do together. Being absent from school, for reasons other than authorised absences, impairs onward success, and, for some children, narrows life chances.

The research findings show that students develop their 'attendance careers' very, very early. By Year 1, a student's pattern of attendance is already well established and will, in all likelihood, repeat from year to year. This tells us that part of what children need to learn at school is about attending school; learning to 'show up' every day.

The first years at school are so important. It is a time when children discover the wonder and excitement of learning, exploring and imagining.

It is vital that parents are involved in your child's learning during these important years as continuing their learning at home helps build confidence at school.

There are many fun and easy ways to support a child's learning. To assist you, a series of booklets and fact sheets is on the Department's parent website *Schools and*

You.

I often hear the inquiry: 'What is Tribes?' Tribes is not a curriculum, not a program nor a collection of activities. Tribes is a research based *process* that maximises academic, social and emotional development and learning for today's children. It adds three social R's: Relatedness, Respect, and Responsibility to the three academic R's of Reading, Writing and Arithmetic.

Tribes builds community through three stages of group development, using four community agreements:

Attentive Listening - paying close attention to one another's ideas, opinions and feelings to let them know they have been heard.

Appreciation/No Put Downs - treating others kindly; stating appreciations for unique qualities, gifts, skills and contributions; avoiding hurtful behaviours.

Right to Participate/Right to Pass - having the right to choose when and to what extent to participate; observing quietly if not participating and offering observations later.

Mutual Respect - affirming the value and uniqueness of each person; recognising and appreciating individual and cultural differences; and offering feedback that encourages growth.

The Tribes process activates three categories required for building resilience. It promotes inclusion (caring), influence (participation and being valued by others), and community (positive expectations and support).

We have founded our beautiful school on the belief that we are wiser, more creative and more insightful the more we hear each other's perspectives.

Steph McDonald

Issue 2 Term 1

22 February 2017

Inside this issue:

Principal's Message
Important Dates
Growth Mindset in Room 27
School Banking for 2017
Growth Mindset
Community Health Nurse
P&C News

IMPORTANT DATES

- **23 February - Online Safety Parent Workshop**
- **27 February - Swimming Trials**
- **3 March - P&C Free Dress Day**
- **6 March - Labour Day Long Weekend**
- **14 March - Positive Parenting Workshop**
- **17 March - Summer BASSA Interschool Carnival**
- **30 March - Child Protection Parent Workshop**
- **5 April - BASSA Interschool Swimming Carnival**
- **6 April - ANZAC Ceremony**
- **6 April - PMM Movie Night**
- **7 April - Last day of Term 1**



every child every day

Growth Mindset



Change your words, Change your mindset!

Did you know that praise has turned out to be one of the most detrimental things to children building resilience? One way that parents and teachers can really help their children is by carefully choosing the words they use when they praise children. The most powerful way for parents and teachers to praise children is to praise effort, and to specify exactly what the child *did* that is praiseworthy. The following table includes some examples:

Do not say	Do say
You are really athletic!	You really work hard and pay attention when you are on that field!
You are so smart!	You work hard in school and it shows!
You always get good grades, you are so smart!	When you put in effort, it really shows in your grades. You should be so proud of yourself. We are proud of you!
Good boy!	I really like it when you...

Charlotte Ferguson
AVID Growth Mindset Committee Leader

Community Health Nurse

Welcome to the new school year. My name is Karen Penny and I am the Community Health Nurse who visits your school.

Community Health Nurses work in schools to promote healthy development and wellbeing so students may reach their full potential. A major part of my work is focused on early intervention and the School Entry Health Assessment program.



Community Health Nurses serve as a health contact point for children and their families, providing information, assessment, health counselling and referral. The services provided are free and confidential.

If you have a concern about your child's health or development, please contact me on **0409 802 597** or via email: **Karen.Penny2@health.wa.gov.au** .

Makybe Rise P&C Inc. News

The P&C AGM was held last week and we are pleased to announce the following committee members for 2017:



President: Jodeen Herbert
Vice President: Mahalia Thomas
Executive Members: Renee Conole, Chelsea Eastwood & Miranda Greaves

We are still seeking members to fill the roles of Secretary and Treasurer. Please contact us if this is something that you would consider doing; email: makyberisepandc@gmail.com or 0414 464 919.

Casual Dress Day: This term we will be holding a Casual Dress Day on Friday, 3 March (Kindy Group A is Wednesday, 1 March.) Please see posters around the school for more details.

Easter Raffle: Our annual Easter Raffle will be held this term, with raffle sheets going out next week. We are also seeking donations of easter eggs, crafts etc and easter gift bags (no baskets please.)

Canteen: We continue to trade on Monday, Wednesday and Friday's and all orders are placed through: www.ouronlinecanteen.com.au . We also sell 2nd hand uniforms through the canteen, so please call in during trade days to purchase stock.

If anyone can spare an hour or a canteen morning, or needs help setting up an account to order from, please pop in to see Katie and Laura or email: makyberisecanteen@gmail.com .

Contact Us: for all P&C enquiries, please contact us via our Facebook page or by email: makyberisepandc@gmail.com .

Executive Committee
Makybe Rise Primary School P&C Association Inc.

Makybe Rise Primary School
Makybe Drive Baldivis WA 6171
P: 9523 0709 F: 9523 0710
MakybeRise.PS@education.wa.edu.au



every child every day

makyberiseps.wa.edu.au

PARENT INTERNET AWARENESS PRESENTATION

THURSDAY 23RD FEB 2017 - 6:30PM TO 8:00PM

We are proud to announce that Paul Litherland, of Surf Online Safe will be returning to Makybe Rise Primary School on the 23rd of February 2017, to again speak with our Year 5 & 6 students on the subject of Internet Awareness. Paul's presentations were very well received last year and the kids learnt so much about online safety. Paul is one of Perth's leading presenters on this subject and as a former Western Australian Police Officer, offers great knowledge and experience to our students to help them better understand the risks of the online world. Paul will be presenting to our students on subjects such as Online Footprint and Digital Citizenship, Image Sharing, Social Networking, Cyber Bullying as well as mobile phone and tablet use. His student presentations are very informative and we have no doubt our students will benefit greatly from this continued education.

The school has also booked Paul for another evening parent presentation on that same day, commencing at 6:30pm and concluding at approximately 8:00pm. We would invite the parents of all our students to attend this event. Paul's parent presentations are very informative and offer some great tips and tricks on how to keep our kids safe online, as well as how to stay one step ahead of them in the online world. Those who attended Paul's session last year, were amazed at the information provided and also had a great laugh. Paul outlines the information he presented earlier in the day to our students and offers feedback in regard to how those presentations were received.

Paul offers easy to follow information on a wide range of subjects relevant to us all.

Subjects Include;

Social Networking : What our kids are using, Trends & Pitfalls.

Online Predators : Risks & Trends, protection methods.

Cyber Bullying : Detection, prevention & coping.

The Law : How it relates to us all.

Device Use : Phones, Tablets & PC's, Tips & Tricks.

Image Sharing : Statistics, Risks, Tips & Hints.

For more information and to RSVP for this event, please email makyberise.ps@education.wa.edu.au

COP TO CRUSADER

PAUL LITHERLAND - SURF ONLINE SAFE

From 2009 to 2014, I was working within the Technology Crime Investigation Unit of the Western Australia Police, a division of Computer Crime. We dealt with issues ranging from people being ripped off on Ebay and Gumtree, to romance scams and hacking, right up to kids being groomed by online predators. It was a massive world of which even I did not realise was so out of control.

The last 2 years of my career, I became increasingly frustrated at the lack of legislation and authority I had as a Police Officer to act on the concerns of the parents and educators who were contacting my office on a daily basis. The majority of these calls were ended with the simple phrase, "Sorry, but it is not against the law." It was upsetting to respond in this way, but in reality, I really had no choice. The Internet has been around since 1994, yet legislation has failed (or refused) to catch up. As such, many schools, parents and kids themselves are being left to deal with such matters on their own. In my opinion, I thought this was simply unacceptable.

I had soon given up on trying to press our government for change and instead decided that education was the better approach. I felt that if I could get my message out to as many schools as possible, the risk our kids were being exposed to every day would hopefully reduce. In 2014, I therefore made the decision to retire from the WA Police to pursue my dream of educating kids and Surf Online Safe was born. Since then I have gone from visiting only 3 schools in my local area, to presenting to 250 schools and organisations across Perth. I look forward to remaining part of the Makybe Rise Primary School community and presenting to your students, parents and teachers regularly.

Paul Litherland - Owner, Surf Online Safe.





FREE PARENTING SESSION

HASSLE-FREE SHOPPING WITH CHILDREN

Are trips to the shops causing you to feel stressed or anxious? Do you worry that your child will have a meltdown in the middle of aisle 3?

Come along to this FREE session to hear helpful tips and strategies to help alleviate some of the pressures that you may experience when taking your children shopping.

Topic:	Triple P Discussion Group 'Hassle-free shopping with children'
When:	Tuesday, 14 March 2017
Time:	9.30am - 11.30am
Location:	Makybe Rise Primary School
Cost:	Free (<i>bookings are essential, as places are limited</i>)

**Register via: www.ouronlinecanteen.com.au
visit 'Events' tab**

**To find other available programs visit our website
www.healthywa.wa.gov.au/Triple_P**

FRIDAY 3RD MARCH

KINDY GROUP A - WEDNESDAY 1ST MARCH

CASUAL

DRESS

DAY



**“GOLD COIN
DONATION TO
PARTICIPATE”**



Government of Western Australia
Department of Health
Child and Adolescent Health Service



FREE PARENTING SEMINARS

Parents with children between the ages of 3 and 8 are invited to attend the Triple P Seminar Series. You will learn practical, positive and effective ways to deal with common behavioural problems and ways to help your child achieve their best at school and in the future.

Parents are encouraged to attend all 3 seminars:

1. *The Power of Positive Parenting*
2. *Raising Confident Competent Children*
3. *Raising Resilient Children*

The next **FREE** 3 week Series is held:

When: 1, 8, 15 March 2017
Location: Darius Wells Library
RSVP: Bookings are essential and places are limited.



Please visit:
www.trybooking.com/OFWM
to book your place.

To find other available programs visit our website
www.healthywa.wa.gov.au/Triple_P

SUNSMART®



triathlon

series 2016/17



WA'S #1
TRIATHLON
SERIES

- Race 1** CITY OF JOONDALUP TRIATHLON
Sunday 11 December 2016 + DUATHLON
- Race 2** CITY OF PERTH TRIATHLON
Sunday 15 January 2017 + DUATHLON
- Race 3** CITY OF BUSSELTON TRIATHLON
Sunday 29 January 2017 + DUATHLON
- Race 4** CITY OF ROCKINGHAM TRIATHLON
Sunday 19 February 2017
- Race 5** CITY OF JOONDALUP TRIATHLON
Sunday 9 April 2017 + DUATHLON

presented by

 **TriEvents**
Event Management



triseriewa.com.au





DENTIST@HEALTH

Custom Made Mouthguards For All Sports

Gap Free with private health
insurance \$40 if uninsured.
All eligible Medicare, Child
Dental Benefit patients welcome.

Valid for 6 months, expires July 31st 2017.

Terms & conditions apply

Call 9500 7612 to make an appointment
or book online 24/7 @
www.dentistathealth.com.au

CENTRAL PLAZA BALDWIN, 52 GOULBURN RD, BALDWIN WA 6171

