



MAKYBE RISE
PRIMARY SCHOOL

Makybe Rise News

Principal's Message: Mindset - why brains and talent don't always bring success

Hello Makybe Rise Families

Makybe Rise Primary School is proudly an AVID school. What is AVID? AVID stands for Advancement Via Individual Determination. It comes from the Latin word "Avidus" which means *eager to learn*. AVID creates a shift in students' expectations for themselves and then gives them the strategies they need to achieve those new expectations.

AVID believes that if you raise expectations, hold students accountable to the highest standards and provide academic and social support, they will rise to the challenge.

As an AVID school, we are establishing a motivating and empowering learning environment in which *all* students develop a growth mindset towards learning. What is Mindset?

Mindset explains:

1. Why brains and talent don't automatically bring success and how they can actually stand in the way of it.
2. Why praising brains and talent doesn't foster self-esteem and accomplishment but jeopardises it.

Mindset is a simple idea discovered by Stanford University psychologist, Dr Carol Dweck, after decades of research on achievement and success. In a fixed mindset, people believe that basic qualities, like intelligence or talent, are fixed traits and that nothing can change that.

In a growth mindset, people see their qualities as things that can be developed through dedication and hard work - brains and talent are just the starting point. They

understand that no-one has ever accomplished great things without years of practice and learning. This view creates a love of learning and a resilience that is essential for accomplishment. Virtually all great people have these qualities.

What does this mean for our children?

Dweck's research can have major implications for the way we parent and teach our children - specifically how we encourage them, challenge them and voice our praise. Dweck has discovered that children with fixed mindsets are reluctant to take on challenges. Children with growth mindsets believe they can learn, change, and develop needed skills. They are better at handling setbacks and know that hard work can help them achieve their goals.

Dweck suggests that praising our kids for being smart or talented may foster a fixed mindset. Instead, if we encourage effort and celebrate persistence and hard work, we will support their development of a growth mindset.

When children experience easy success, they equate being smart with quick and easy success and they become afraid of challenges. When children know you value challenge, effort, mistakes and learning, they learn to welcome hard tasks and know what to do when they encounter them.

You can see how the belief that cherished qualities can be developed with effort creates a passion for learning!

Steph McDonald
Principal

Issue 3 Term 1

5 March 2015

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Principal's Message

Important Dates

Room 31 Levels of Thinking

Room 40 Telling the Time

Room 12 Exploring the Ocean

P&C News

IMPORTANT DATES

- **6 March - Rooms 19 & 33 Assembly**
- **10 March - Swimming trials**
- **13 March - Room 5 Assembly and Summer Carnival**
- **16 March - School Board Meeting**
- **19 March - visiting AVID Australia Principals**
- **20 March - Rooms 13 & 15 Assembly**
- **20 March - P&C Fundraiser Movie Night**
- **25 March - P&C and Swimming Carnival**
- **27 March - Rooms 31 & 36 Assembly**
- **30 March - School Board Meeting**
- **2 April - Last day of Term 1**



every child every day

After School Catholic Catechism Classes

Catechism classes are available for children in the Baldvis area to prepare for Sacraments.

WHEN: Tuesday's 3.30pm
(during school terms)

WHERE: Mother Teresa Catholic
Primary School
Cnr Eighty and Sixty Eight
Roads, Baldvis

CONTACT: Fr Geoff Aldous
0427 040 100

*Blessed Teresa of Calcutta Baldvis
Catholic Parish*



Room 31 Levels of Thinking

This week, the wonderful students in Room 31 have been learning about Costa's Levels of Thinking. We have discussed how Levels of Thinking can be compared to a three storey house, with each floor having a different purpose.

Level One thinking is all about gathering information. To find what we need, we just need to walk in the door. The answer is right there and answered directly in the text.

Level Two thinking relates to processing information. Our brains need to work a little harder and we need to use our inferring skills to find an answer.

Level Three thinking is the top storey of the house - where the really deep thinking happens! Level Three thinking is all about applying information gathered from a text to our own experiences and ideas.

The students of Room 31 used the story of Cinderella to come up with some levelled questions of their own. Some examples were:

- Level 1 - What was Cinderella's carriage made from?
- Level 2 - What are the similarities and differences between Cinderella and her step sisters?
- Level 3 - Predict what might have happened if Cinderella's godmother hadn't arrived.

Great job deep thinkers of Room 31, keep it up!

Amy Stewart
Classroom Teacher



Room 40 Telling the Time

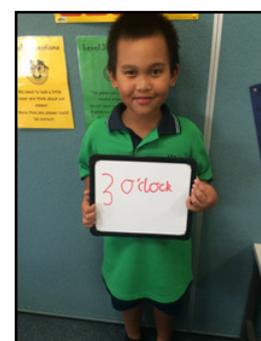
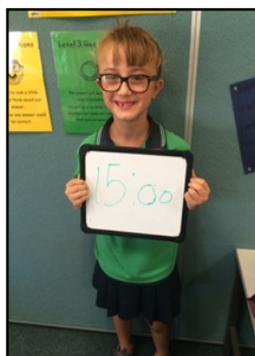
This week Room 40 have been learning about telling the time. We discussed that time is much more than just a clock on the wall. Time is important in everything we do! You can measure time with different objects including a watch, clock, hourglass or even a sundial.

First we have learnt about what kinds of things take about one minute to complete. Did you know that we can tie and untie our shoelaces 9 times in one minute? We can also do 72 star jumps in one minute!

We have also made our own clocks out of paper plates to help us when we tell the time.

These are some of the different ways we can show 3pm.

Bianca Faichney
Classroom Teacher



every child every day

Baldivis Community Market
 Corner Fifty Rd and Baldivis Rd
 8am to 12pm
 Entry Gold Coin Donation
 Plants Commercial Stalls
 Fruit & Vegetables
 Food, Drinks & More
CAR BOOT SALE
 FIRST SATURDAY OF MONTH
 CAR BOOTERS: \$5.00 +- \$5 Insurance First come first served!
 STALL HOLDERS: \$10.00 + \$5 Insurance For booking form contact 0410 143 942 or email baldiviscommunitymarket@hotmail.com
 GROUNDS OPEN: 6AM MARKET STARTS: 8AM to 12PM

Makybe Rise P&C Inc. News



Family Movie Night: On 20 March, 2015 the P&C will be holding a family movie night at United Cinemas in Rockingham.

We will be watching the movie 'Home.' If you haven't seen the trailer, we would suggest you have a look; it looks like a great movie. The movie is being released on 20 March so this is a great opportunity to view it as it first comes out.

Tickets are \$9 per person (adults and children). Children under 3 years of age will be admitted for free, but must share a chair with an adult. If you would like your under three to have their own seat then you must purchase a \$9 ticket for them.

All children must be under the supervision of an adult. The Exec Team will be present on the night, however will be attending with our own families and will not be available to assist with toilet runs etc. We suggest you take small enough groups of children to ensure you can supervise children in all ways.

Wrist bands will be issued as proof of purchase. If you purchase your tickets online (from: www.ouronlinecanteen.com.au) there will be a desk set up in front of the cinema from 6pm to collect your wrist band on the night of the event.

New ticket sales will not be available on the night. Ticket sales must close by Friday, 13 March, 2015. This is to ensure we can advise the cinema how many people are attending, and so they can book the appropriate number of seats out to our school.

Tickets will also be on sale at the main gates of the school, before and after school, for the week of 9 to 13 March, 2015.

If you have any queries, please contact Sian on 0416 015 855 or by email to: makyberisepandc@gmail.com.

We hope you enjoy our event and look forward to seeing you there.

Canteen: Our canteen operates Monday, Wednesday and Friday's and is a cashless canteen with all orders being placed through www.ouronlinecanteen.com.au. The canteen can be contacted on: Phone 9523 0713 or Email makyberisecanteen@gmail.com.

Walking School Bus: The WSB meets every Tuesday at 8.15am at Gecko Park (on the cnr of Clyde Ave and Baldivis Rd). If you would like more information, please email: wsb6171@gmail.com.

For any P&C queries, please contact us via our Facebook page or by email: makyberisepandc@gmail.com.

Makybe Rise Primary School P&C Association Inc.

Contributions

Thank you to all parents who have paid their Voluntary Contributions. Financial support by parents plays a significant role in providing resources that add value to the learning experiences of our students.

Voluntary Contributions can be paid by cash or eftpos at our administration office or via direct deposit. Reminder notices were recently sent home with students with outstanding balances.

Room 12 Exploring the Ocean

This term in Room 12 we are learning about the ocean. We have been using the car park poster in our classroom to pose questions about sea life. We then come together as a class to discuss and answer our questions using books from the library and the internet.

Over the last couple of weeks we have been using PWIM (Picture Word Inductive Model) in class to learn new vocabulary about the ocean. Some of the new words we have learnt are: dorsal, anemone, snout and microscopic!

Amy Moore
Classroom Teacher



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MakybeRise.PS@det.wa.edu.au

MakybeRise.PS@education.wa.edu.au



every child every day

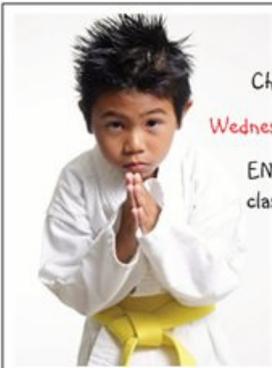
Family portraits
Maternity
Newborn
Weddings



M3 Munita Battersby
PHOTOGRAPHY

Ph: 0403012402 facebook.com/MunitaBattersbyPhotography

Kupso Martial Arts
Childrens & Adults classes held on
Wednesdays @ Settlers Hills Primary in Baldvis



ENROL NOW for Ao Denkou Jitsu individual classes for PP to year 3 and years 4 to 7

phone Allan on 0449 883 700
or email info@kupso.com to book a 2 week trial

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f facebook.com/customphoto

Baldvis Sports & Therapeutic Clinic

Massage: Remedial, Deep Tissue, Relaxation
Reflexology, Bowen Therapy

Laura Ladner
Diploma Health Science of Massage WA
0428 153 740

Abington Avenue, Baldvis

Gift Vouchers Available

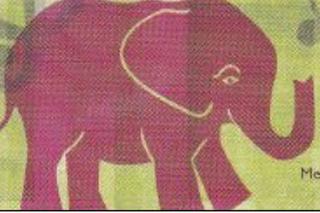


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Skips & Steps
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Leela Cheary
Piano Teacher
Baldvis / Rockingham

Member of the WA Music Teachers' Assoc.
& the WA Crff Assoc.



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& Community Centre, Baldvis for

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makingart@outlook.com.au

make ART

Art classes
for all ages

School holiday creative workshops

for more information See our website or
contact Rachael on (08) 95236972

TRIPLE P - POSITIVE PARENTING PROGRAM SEMINAR SERIES in 2015

Darius Wells Library & Resource Centre

Corner Chisham Avenue & Robbo Way KWINANA

All seminars run for 90 minutes and will be held on **Wednesdays**

Parents are invited to attend free parenting seminars to learn practical and effective ways to prevent or manage common child behaviour problems, as well as ways to encourage positive behaviours so children do well at school and beyond, and families enjoy spending time together. Seminars are suitable for parents with children 3 to 8 years old, in some cases, parents of older children may also be able to attend. Parents can choose to attend one, two or all three of the seminars listed below.

Seminar 1 – The Power of Positive Parenting	Seminar 2 – Raising Confident, Competent Children	Seminar 3 – Raising Resilient Children
This seminar introduces parents to the five core principles of positive parenting: 1. Ensuring a safe, interesting environment 2. Creating a positive learning environment 3. Using assertive discipline 4. Having realistic expectations 5. Taking care of yourself as a parent	This seminar shows parents how to use positive parenting principles to teach children important values and skills to enable them to do well at school and beyond.	This seminar teaches parents to help their children learn skills to manage their emotions. Parents will learn practical ways to help children recognise and accept feelings; express their feelings appropriately; develop coping skills and deal with upsetting or stressful events.
Term 1 11 March, 6.00 pm to 7.30 pm	18 March, 6.00 pm to 7.30 pm	25 March, 6.00 pm to 7.30 pm
Term 3 26 August, 6.00 pm to 7.30 pm	02 September, 6.00 pm to 7.30 pm	09 September, 6.00 pm to 7.30 pm
Term 4 21 October, 9.30 am to 11.00 am	04 November, 9.30 am to 11.00 am	18 November, 9.30 am to 11.00 am

Cost: All seminars are **FREE** however bookings are essential.

Crèche: Provided independently by Toddler Town and does not form part of the WA Health Service or Triple P program. Crèche is suitable for children 3 weeks to 5 years. For evening sessions, bookings and payment must be made directly to Toddler Town in advance to secure a place. For day sessions, casual places will be taken on the day depending on availability. Cost is \$3.40 per child per hour and \$2.80 per additional child per hour. Please contact Toddler Town 9236 4325 for more information on crèche and for bookings.

To register your interest in a seminar, contact Joanne at **9319 7279** on Mondays and Tuesdays only. Otherwise leave your name and number on the answering machine and we will get back to you. Thank you

Relationships Australia
WESTERN AUSTRALIA

1300 364 277

www.wa.relationships.com.au



Government of Western Australia
Department of Local Government and Communities

Kids and Today's Technology

Technology is now being used by very young children and most teenagers are proficient users of many aspects of technology.

Your knowledge of what's out there, how it's being used and how you manage it in your home will have a direct impact on your kids' learning and safety.

Highlights of this two night seminar will include:

- Family conversation starters around technology
- Parenting boundaries and how other parents manage this
- Cyber Bullying, predatory behaviours and safety
- Social Media - how it works and control measures available
- How to maximise many good aspects of technology
- Apps, websites and sharing of many highly useful resources
- How to keep yourself up to date with technology



FREMANTLE

1 Ord Street

Wednesday, 11 & 18 March
2015

WEST LEEDERVILLE

22 Southport Street, or Cambridge Street

Monday, 23 & 30 March
Wednesday, 17 & 24 June
2015

Time: 6.30 – 9.00pm

Fee: \$35 per person/\$50 per couple

Places are limited so please book now on 9489 6322

1-2-3 Magic and Emotion Coaching

Emotionally Intelligent Parenting

A three session parenting program for parents of children aged 2-12

Would you like to learn more about:

- Encouraging and promoting positive behaviour in child/ren.
- Strategies for managing challenging behaviour.
- Building strong and healthy connections with your child/ren.

Presented by: **DLGC Parenting WA, - ROCKINGHAM**

Where: Warnbro Community & Family Centre
1 Moreton Crescent, Warnbro 6169

Dates: Tuesday Evenings 3rd, 10th March & 24th March (must attend all 3 sessions)

Time: 6:30pm – 9:00pm

Cost: **FREE**

Please phone Sue Johnson on 9593 0656 mob: 0412 712 592 or email susan.johnson@dlgc.wa.gov.au to register your interest.

Partners are very welcome to join the program

Healthy Body *Healthy Mind*

Let 2015 be a year of health and well-being! The City of Rockingham Libraries are hosting a series of summer workshops in February and March, aimed at helping you get healthier and smarter!

Monday 23 February

2pm – 3pm

Warnbro Community Library

9528 8577 | wbccontact@rockingham.wa.gov.au

Diabetes WA will be hosting a HealthSmart workshop on the importance of healthy eating and its role in the prevention of chronic diseases.

Wednesday 4 March

11am – 11.30am

Rockingham Campus Community Library

9553 7060 | rocquery@murdoch.edu.au

Nikki Watson of Coeliac WA, will be providing a presentation on Coeliac Disease. Learn about gluten-free foods and how very manageable such a condition can be.

Thursday 5 March

6.30pm – 7.30pm

Mary Davies Library and Community Centre

9591 0800 | mdlcccontact@rockingham.wa.gov.au

Nutrition Works will be hosting a workshop on Healthy Meal Planning - Tips on healthy snacks, takeaways, and lunchbox ideas!

Wednesday 11 March

11am – 1pm

Rockingham Campus Community Library

9553 7060 | rocquery@murdoch.edu.au

Thyroid WA Support Group will be providing a presentation on all aspects of thyroid disease. Topics covered will include an overview of the disease, medications for treatment and long term outlooks.

Thursday 19 March

11am – 12pm

Safety Bay Library

9528 8611 | sbycontact@rockingham.wa.gov.au

Julie Eady, author of the best-selling book Additive Alert – Your guide to safer shopping, will be providing a presentation on "What's really in the food you feed your family?"

All events are free, and bookings are essential.



www.rockingham.wa.gov.au