Hello Makybe Rise Families

I am very pleased to invite our Makybe families to join us in listening to Mr Paul Litherland on Thursday, 25 February. Paul is an entertaining and engaging speaker and his knowledge of social media and the pitfalls and dangers for our children makes for riveting listening. Paul provides real and practical information for parents on what we need to know and what we can do to help keep our kids safe online from bullies and predators.

To maximize this opportunity, Paul will run student workshops for our students in Years 5 and 6; a staff workshop after school; and then the parent workshop at 6.30pm in the undercover area. Tickets for parents are free but must be booked please. Childcare can also be booked and tea and coffee will be provided.

Thank you to all our families who have been able to attend class meetings. A strong partnership and open communication with your child’s teacher is one of the most powerful ways families can support their children to be happy and successful at school.

Thank you for your feedback, both positive and negative, about the Parents Make Makybe initiative. The committee will be meeting to consider future action.

I would like to welcome new staff who have joined our team in 2016. Ms Sally Jones has taken up the position of Student Services Coordinator and Ms Kylee Thomas is our new Library Officer. Welcome also to Miss Sharon O’Gorman in Year 3 and Mrs Jody Martin who is supporting students in Year 2.

Steph McDonald
Principal

Principal’s Message

The Crunch & Sip program is an easy way to help kids stay healthy and happy!

Crunch & Sip is a set break to eat fresh fruit or salad vegetables and drink water in the classroom. Students re-fuel with fresh fruit or vegetables during the morning or afternoon, assisting physical and mental performance and concentration in the classroom. This gives kids a chance to refuel, a bit like putting petrol in a car.

Each day students bring fresh fruit or salad vegetables to school to eat in the classroom at a set time. Each child has a small clear bottle of water in the classroom to drink throughout the day to prevent dehydration.

Through Crunch & Sip, schools demonstrate their commitment to nutrition education in the classroom, by making links with the curriculum and creating a supportive school environment.

The Crunch & Sip break gives children the opportunity to eat the piece of fresh fruit that might otherwise be left in their lunchbox or not be eaten at all.
Learning with Technology in Room 20

Students in Room 20 are very excited about being part of an iPad class. Every year, students of Makybe Rise write their hopes and dreams for the year. This year, Room 20 brainstormed how we wished to display our hopes and dreams. With a bit of creative thinking, we decided to involve our iPads.

Students used an app called Tellagami to record an animation about their hopes and dreams. Visitors to our classroom will soon be able to come in, scan a QR code displayed in the classroom with a smart phone or tablet and view every student’s animation!

We all can’t wait to explore more ways to incorporate technology into our learning!

Danielle McLernon
Classroom Teacher

Room 4 First Day Happiness

Hoot! Hoot! Hooray! It was a happy first day in Room 4!

The children arrived bright and early to discover their new classroom. We read a book about coming to school and did a sharing activity about how we were feeling. Everyone was excited to meet their new teachers and to make some new friends.

Our theme for Term 1 is ‘All about Me’ so we have been busy drawing self-portraits and learning how to write our name.

We learnt about ‘Super-six Behaviour’ and made some posters to display in our classroom!

We are going to have an amazing year in Room 4 Pre-primary.

Jacki McMahon
Classroom Teacher
School Banking
Welcome back to School Banking for 2016!

My name is Natasha and I am your new School Banking Coordinator.

This year’s exciting rewards program is themed ‘Outback Savers’. On offer are jump and skip ropes, mud splat handballs, bush fly fans and more. There’s also an exciting wildlife adventure holiday to be won this year where you’ll get to meet Bindi and Robert Irwin!

All you have to do is make 15 school banking deposits before the end of Term 3 and you’ll automatically be entered into the competition. There is more information in the new rewards pack that all banking students will receive with their weekly banking.

Our banking day will remain as **Wednesday**.

Thanks
Natasha
School Banking Co-ordinator

Uniform Shop
The Uniform Shop is run by Uniform Concepts and is open each week.

Their shop is located in the Undercover Area, so please go and visit Sue if you have any uniform requirements.

Their opening times are as follows:
- Monday 1.00 - 3.45pm
- Thursday 8.15 - 11.00am

Sue can be contacted on 0447 641 429 or via email: southwest@uc.nellgray.com.au.

Tribes
If you are new to Makybe Rise this year and you do not know your child’s Tribe colour, please come and see Andrea or Dominique in the administration office and they can let you know what it is!

Tribe Shirts can be worn on Wednesdays for all students and Fridays for children in PP-6.

Makybe Rise P&C Inc. News
What’s happening in Term 1!

**Easter Raffle:** Information will go out with students shortly as we begin preparations for our annual Easter Raffle.

**Dress Up Day:** Monday, 21 March we will hold a dress up day to coincide with Harmony Day.

**School Disco:** Our first disco of the year is booked in for Friday, 1 April. Further details will be released in the coming weeks.

**Canteen:** Our 2015 Summer Menu will continue for Term 1 2016. Our canteen crew have ensured we have a great menu with lots of healthy, yummy items for Makybe students and staff.

When placing orders through: www.ouronlinecanteen.com.au please ensure you have updated your child’s new teacher and classroom details to ensure their order goes to the correct room.

If you can spare an hour from 9 - 10am on a Monday, Wednesday or Friday, the canteen would love to see some new volunteers. Our volunteers are essential in ensuring the smooth operation and affordability of our canteen. If you are able to help, please pop in to meet Katie and Laura or email: makyberisecanteen@gmail.com.

**Walking School Bus:** We hope to restart the Walking School Bus this term, which will continue to operate from Gecko Park in Tuart Ridge. Investigations are also underway in creating a new route. If you would like some more information about this service, please email Renee on: wsb6171@gmail.com.

For any 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.
Our Playground Rules

We are caring and sharing friends who look after each other.

We wear our hats.

Sand is for digging and building and never throwing.

We take turns on the climbing equipment and wait in line for our turn.

We climb up and down; we never jump off equipment.

We go one way up the ladder, down the slide on our bottoms.

We sit on the quad rocker and swings.

We ride up and back on the flying fox and wait in line for our turn.

We walk on the cement verandas and pathways.

Water from the fountain is for drinking only.

We respect the trees and plants.

We kick the football safely in open spaces, away from children playing, trees, the roof and fences.
PARENT CYBER SAFETY PRESENTATION

THURSDAY, 25TH FEB 2016 - 6.30PM TO 8.00PM

We are proud to announce that Paul Litherland of Surf Online Safe will be attending Makybe Rise Primary School on the 25th of February 2016 to speak to our Year 5 & 6 students on the subject of Cyber Safety. Paul comes highly recommended and has been presenting to many other schools in Perth over the past 3 years. He is one of Perth’s leading presenters on this subject and as a former Western Australian Police Officer can offer some 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 education.

The school has also booked Paul for an 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. 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:
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.

For more information on this event, please email: makybertse.ps@education.wa.edu.au
To book, please visit: www.ouronlinenecanteen.com.au

COP TO CRUSAIDER

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 with 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 140 schools across Perth. I look forward to becoming part of the Makybe Rise Primary School community and to presenting to your students, parents and teachers.

Paul Litherland - Owner, Surf Online Safe.
# Makybe Rise Primary School

## Summer Menu 2015

**Open Monday, Wednesday & Friday; 8am - 3pm**

**Phone:** 9523 0713  
**Email:** makyberisecanteen@gmail.com

### Recess Items

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Apple Slinky</td>
<td>$1.00</td>
</tr>
<tr>
<td>Air Popped Popcorn</td>
<td>$1.00</td>
</tr>
<tr>
<td>Toasties (Vegemite or Cheese ½%)</td>
<td>$1.00</td>
</tr>
<tr>
<td>Baked Bean &amp; Cheese Jaffle (1/2 Per Serve)</td>
<td>$1.50</td>
</tr>
<tr>
<td>Banana Pikelets (3 Per Serve)</td>
<td>$1.50</td>
</tr>
<tr>
<td>Pikelets (3 Per Serve)</td>
<td>$1.50</td>
</tr>
<tr>
<td>Gluten Free Pikelets (3 Per Serve)</td>
<td>$2.00</td>
</tr>
<tr>
<td>Yoghurt (Various Flavours)</td>
<td>$2.00</td>
</tr>
<tr>
<td>Fruit Salad</td>
<td>$2.00</td>
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</tbody>
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**Note:** Recess Snacks not available to Kindy Students

### Lunch Time Treats

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fruit Kebabs</td>
<td>$1.50</td>
</tr>
<tr>
<td>Fruit Salad &amp; Custard</td>
<td>$2.00</td>
</tr>
<tr>
<td>Yoghurt (Various Flavours)</td>
<td>$2.00</td>
</tr>
<tr>
<td>Frozen Yoghurt &amp; Fruit</td>
<td>$2.00</td>
</tr>
<tr>
<td>Fruit Salad, Jelly &amp; Custard</td>
<td>$2.50</td>
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</tbody>
</table>

### Everyday Lunch Items

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sushi (Tuna or California Roll, 4 Pieces)</td>
<td>$4.00</td>
</tr>
<tr>
<td>Zucchini Slice &amp; Salad</td>
<td>$4.00</td>
</tr>
<tr>
<td>Egg &amp; Bacon Slice with Salad</td>
<td>$4.00</td>
</tr>
<tr>
<td>Pasta Salad</td>
<td>$4.00</td>
</tr>
<tr>
<td>Pizza Slice &amp; Salad</td>
<td>$4.50</td>
</tr>
<tr>
<td>Hot Chicken Roll</td>
<td>$4.50</td>
</tr>
<tr>
<td>Burger (Chicken, Beef or Fish Finger)</td>
<td>$4.50</td>
</tr>
<tr>
<td>Salad Box (Cheese, Egg, Ham, Chicken, or Tuna)</td>
<td>$4.50</td>
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</tbody>
</table>

### Drinks

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Water</td>
<td>$1.00</td>
</tr>
<tr>
<td>Plain Milk</td>
<td>$1.50</td>
</tr>
<tr>
<td>Flavoured Milk (Chocolate, Banana, Strawberry, Caramel, Choc-Mint)</td>
<td>$2.50</td>
</tr>
<tr>
<td>Sipahh Straw &amp; Plain Milk</td>
<td>$2.50</td>
</tr>
</tbody>
</table>

### Sandwiches

(Hi Fibre White, Wholemeal or Multigrain)

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Vegemite</td>
<td>$2.50</td>
</tr>
<tr>
<td>Salad</td>
<td>$3.50</td>
</tr>
<tr>
<td>Meat &amp; Salad (Ham, Chicken, or Tuna)</td>
<td>$4.00</td>
</tr>
<tr>
<td>Extras (Cheese, Egg, Roll or Wrap)</td>
<td>$0.50</td>
</tr>
<tr>
<td>Extras (Gluten Free Roll)</td>
<td>$2.00</td>
</tr>
</tbody>
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### Daily Specials (Lunch Only)

**Monday**
- Spudzess: $4.50
- Meat Ball Sub: $4.50

**Wednesday**
- Butter Chicken Curry & Rice: $4.50
- Chicken Salad Wrap: $4.50

**Friday**
- Chicken Pops: $4.50
- Hash Browns with Sweet Chilli & Sour Cream: $4.50

### Please Note:

Our Canteen is 100% online with orders being placed through: www.ouronlinecanteen.com.au. Orders must be placed before 8am & may be placed up to two weeks in advance. Direct deposit from as little as $1.00. All fruit & vegetables purchased locally.
Makybe Rise Primary School, Week 2 Term 1 2016

Hello everyone!!!

So good to be back!!! Welcome to ALL our Camp Australia children. Special welcome to our newcomers, you bring a breath of fresh air to the room.

Would also like to welcome our dedicated staff and new enthusiast who have joined our TEAM.

**HOMEWORK:** Parents, if you would like your child to complete their homework on their iPad (NO wifi access) or other forms of technology, please speak to Beth (Co-ordinator).

**CHILD-INITIATED IDEAS:** You are welcome to visit the service and view our areas of play. Presently we are looking at the themes ‘All about Me’ and their favourite place (according to their personal profile map) in Australia. If you have resources at home we could use for any of these topics such as photos or books we would appreciate it.

**FAVOURITE ACTIVITIES:** It is only week 2 and children have established their favourite activities such as the famous handball, lego towers, block rockets, hama bead pendants, loom band (fish tail) jewellery, bakery using playdough, sewing cushions etc. We recognise that children’s play can be spontaneous and we endeavour to extend these moments. We would also like your input in our Program Planning so please share your ideas with staff.

Regards

MAKYBE RISE CA TEAM

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**How to get started**

Before using our programs register online for an account. This enables you to make bookings, view your statements and manage your details anytime of the day. Registering is quick and easy. Visit www.campaustralia.com.au/newparents

Once registered
You can make bookings and cancellations, view your statements and manage your details anytime of the day.

Save on Care
Save 50% or more on Before and After School Care with the Child Care Rebate. Almost all families are eligible. To find out more call our Customer Service Team on 1300 105 343

Holiday Clubs
Don’t forget about the Camp Australia Holiday Clubs these school holidays. Use the Holiday Club Finder on the website to find the nearest program: www.campaustralia.com.au/holidayclubs

Healthy Snacks
Afternoon tea is served daily. Menus are tailored to children’s tastes, developmental and nutritional needs. Afternoon tea includes a selection of yummy sandwiches and fruit. Children may also engage in fun cooking activities.

we make kids smile
www.campaustralia.com.au