



**MAKYBE RISE**  
PRIMARY SCHOOL

# Makybe Rise News

## Balance

Who were you before addiction distracted you? As an iPad my truest purpose is to add ease to lives by setting boundaries and providing entertainment. The problem? My girl has gone from a sports-loving champion and bold discoverer of mystery, to a self-centred zombie, addicted to social media.

The change happened slowly, and then all at once. I used to hear a playful little voice... positivity, laughter, curiosity. This quickly turned her into sitting in her dark room, her sweaty hands clutching onto me like superglue.

It started with few games here and there. It quickly escalated. She got reckless and lost her balance. Sometimes she even snuck me all night to mindlessly scroll through the attention-grabbing photos her friends would post. They were all craving the opportunity to soak up popularity. It turned into a deceiving competition about their way of life. I tried to warn her by going hot to the touch so she'd take a break. If her mom and dad risked asking her to get off of me, she'd get agitated and have an outburst. It got to the point that I was afraid she might break me with the forcefully tapping and hitting she did when she got frustrated. When she first got me, she treated me with care, afraid to damage my delicate perfection. But as time went on, she inconsiderately tossed me onto her bed or desk.

"Ahoy mates!" she used to say, "raise the sails to our ship!" she demanded as her parents grinned and playfully replied "Aye, aye captain!" They used to do everything together - draw, play board games, and travel on pretend adventures in their backyard. It was heartbreaking to watch them be driven into a state of real disconnection. Months had passed since she actually paid attention to her friends when they hung out.

Podcasts were her mom's favourite hobby. To help the whole family with their technology obsession, she turned up a podcast about balance and inner-peace so loudly that it interrupted the girl. She walked down the hallway with a curiosity in her eyes that I hadn't noticed in ages. My screen lit up in hope. I could tell she was intrigued. She sat in the hallway listening. Once it ended, she guiltily walked back to her room. My screen dimmed doubtfully, and I geared up, ready to fire up the internet. But she sat quietly instead. After a while, she gently picked me up and pressed the home

button. Instead of checking social media she went onto her notes and typed "New limit on iPad - 2hrs per day, max." Then surprisingly, she shut me off and ran out to her parents to tell them her plan. Well that was unexpected. As they spoke about her improved decisions I overheard the same positive tone I once heard before. Her parents were so proud that they both lit up with joy to see their girl starting to come back.

These days, you can hear the sound of cards on family game nights more than the silence of everyone on their devices. I'm perfectly fine sitting here on the bed, recharging, as I wait for my turn with the girl. I light up again, this time with a vibration, and she quickly runs into the room. She beams as she reads a text from her best friend. She replies "Yep, let's catch up sometime after school! Tomorrow at 3:45?" She smiles and runs back to her parents. I'm happy to say that she finally learned how family and balance is the ultimate happiness.

Written by Giada Albores in Room 30, Year 5



## Anzac Day

As you are all aware we commemorated ANZAC Day very differently this year. Even though we could not all gather for a large Dawn Service the Year Four students studied the importance of this significant day in Week 9 of Term 1.

We discussed that around the world, the Anzacs were seen as brave, strong and determined individuals who developed strong bonds with each other to get them through the horrific experiences they had to face. The idea of mateship, looking out for and supporting one's friends, was established at this time. We talked about how we can show these values in 2020, especially with the difficult situation we are currently experiencing. We decided that it was extremely important to keep the ANZAC Spirit alive and well, and to help out those who needed it in these trying times.

Emma Pasini, Room 32 Classroom Teacher



*every child every day*

# CHILDREN'S DAY IN ROOM 16

This term in HaSS, Room 16 are working on a Geography unit about countries in the Asia Pacific region. We will be learning about our closest neighbouring countries. Japan is a country within this region.

Did you know that May 5<sup>th</sup> is Children's Day in Japan?

The festival is called Kodomo no Hi (こどもの日) and it is a national holiday. It is a day set aside to respect children's personalities and to celebrate their happiness. It has been a day of celebration in Japan since ancient times.



On this day, families raise Koinobori which are carp-shaped windsocks or kites. The windsocks blow in the wind and it looks like they are swimming. Usually there is a large carp for the father, a medium sized carp for the mother, and one small carp for each child. Room 16 made their own Koinobori and talked about the differences and similarities between our culture and the Japanese culture.

We also discussed whether Australia should have a national holiday to celebrate children here. Some of our reasons to have a Children's Day were that there was already a day for mothers and fathers and that there should be one for children as well and that there are some amazing children in the world who do some great things and that they should be celebrated. Some of our reasons for why we shouldn't have Children's Day here in Australia were that children already had special days to celebrate Christmas and birthdays any way and that children were looked after and celebrated every day by their parents already.

We had fun discussing the similarities and differences between the two cultures and we were quite surprised to see that there were quite a lot of things different between the cultures even though we come from countries in the same region of the world.



Zoe Clements  
Classroom Teacher



# GERMAN IN YEAR 1

Students in Pre-primary and Year 1 have been invited to use a Language app called ELLA (Early Language Learning Australia), which is endorsed by the Education Department, to introduce early years to languages.



Room 13 has been using the ELLA app frequently this term and would like to share some photos from when some of the Year 6 leaders came and worked with the students on learning the German colours. Students selected pictures and had to tell their Year 6 friend what the colour was in German.



Danke schön to Mrs Mead for organising this great learning opportunity. It looks like the Year 1's enjoy their German learning!

Frau Mueller  
German Specialist Teacher



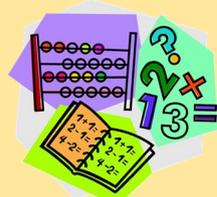
## YEAR 4 MATHS

In year 4, we have created Flexible Group classes to allow for consolidation, practise and extension of learning depending on the individual needs of each student.

We began with a focus on Place value which underpins all Mathematical understanding of our number system. The focus areas were reading and writing 3, 4 and 5 digit numbers, rounding numbers to given place values and representing numbers in different ways. We then moved on to operations which included addition, subtraction and problem solving.

The children in the extension group were working collaboratively to find solutions to real world problems such as budgeting. These groups have been engaging for students and highly effective in improving students confidence in Maths and understanding of Mathematical concepts.

Katrina Westwood  
Room 29 Classroom Teacher



## COUNTING TO 10 IN ROOM 2

*"In Kindy we have been learning our numbers up to 10."* Said Madison.

*"We have been counting lots of things."* said Hudson.

*"I love maths time because we sing fun songs."* said Ruby.



We have been playing lots of games that are teaching us to recognise numbers to 10. We are combining fine motor practice with counting out objects to match numbers. Every day we count the number of boys and girls at school and compare those numbers. This week we counted all the pieces of fruit in our fruit basket. We found there were 13 pieces of fruit. There were 4 bananas and 4 apples.



Jo Hartley  
Classroom Teacher



# YEAR 4 LOVING LITERACY

At Makybe, we deliver a comprehensive reading program using evidence based strategies and programs to improve literacy across all year levels. One component of this is the explicit teaching of comprehension strategies to ensure students understand what they are reading and to allow opportunities for higher order thinking. Our teachers explicitly model and teach each of the skills and strategies to allow students to improve their reading comprehension skills. In Year 4, we have been learning about volcanoes this week. First, we brainstormed what we already knew about volcanoes and generated questions that we would like to inquire about. We then viewed and took notes on a documentary about the different types of volcanoes – cinder cone, composite and shield. Next, we skimmed a text to determine the any new vocabulary and to get a general gist of the information we would be reading about. We completed a vocabulary awareness chart which included definitions in our own words with examples.

We critically read the text, (numbering the paragraphs, highlighting the important facts and details, circling key dates and places). In our collaborative groups we discussed each paragraph, specifically looking at the topic sentence, and determined the main idea of each paragraph. From our notes, we wrote a general statement about what the main idea of the text was and what the important details were. Each collaborative group shared their ideas, then added to their notes. At the conclusion, we followed a procedure and created our own flowing volcanoes – very cool! To extend our understanding, we researched different volcanoes around the world, some under water and some even in space!!! Did you know that every day, about 20 volcanoes erupt on Earth?

Katrina Westwood

Room 29 Classroom Teacher



## Asthma WA

Our COVID-19 Helpline is supporting people right across WA. It is available Monday to Friday on 1800 ASTHMA (1800 278 462).

Our team works closely with General Practitioners and Primary Health Care Providers to provide ongoing and up-to-date support to people living with respiratory conditions in Western Australia, with the aim to help them be as healthy as possible before winter sets in.

If you or someone you know has asthma or COPD, we encourage you to contact our team of experienced Respiratory Health Nurses and Educators so you may be prepared for the coming months.

Our team can help you with:

- understanding your asthma/COPD
- understanding how to take your medications
- identifying your triggers
- advice on how to reduce your risk of catching COVID-19 or the influenza virus
- asthma and COPD education for individuals

### **Why get the flu shot when you are social distancing?**

Social distancing and other measures to limit the spread of COVID-19 should have the same effect of limiting the spread of the influenza virus this year.

You might think that this means it's less important for you to have the influenza vaccination. In fact, the opposite is true. This year more than ever before we need people to be vaccinated against the influenza virus to provide the greatest protection to the community.

Having the flu shot is a great way you, your family, friends and co-workers can play a part in easing the potential strain on our health care system.

As we all begin to celebrate the beginning of 'flattening the curve' and look forward to a time where restrictions might be lifted, it is important to remember what this means - we have slowed the spread of COVID-19 but we have not eliminated it all together. People will still be infected by COVID-19, but our health system will be in a better position to cope with any demand, which we hope will mean fewer deaths.

Adding influenza into the mix puts unnecessary pressure on our health system so it's important we work together to avoid a repeat of 2019, which saw the highest reported cases of influenza in 20 years in Australia.

Play your part. Get vaccinated now.

More information about the influenza vaccination and frequently asked questions are available on our website [www.asthmawa.org.au](http://www.asthmawa.org.au).



*every child every day*

# CANTEEN AND UNIFORM SHOP UPDATE

## Purchasing Uniforms

Due to the current restrictions our uniform shop is not currently open to visit.

We understand that parents still need to access this service, especially with the change in weather.

If you would like to order uniforms, you can do so by contacting Jo:

Email: [southwest2@uc.nellgray.com.au](mailto:southwest2@uc.nellgray.com.au)

Phone: 0417 357 889

A copy of the price list and order form is available on our website.

Jo will package any orders on the times she is here and then they will be delivered to your child's classroom to come home with them.

The Makybe Rise P&C have second hand uniforms available for purchase via Okr. Find up-to-date information on the Makybe Rise P&C Facebook page.

## Makybe Rise P&C Canteen

Due to the impact of the Coronavirus, the Makybe Rise P&C and the Canteen Subcommittee made the extremely difficult decision to close the Makybe Rise School Canteen at the end of Term 1. At the time the canteen, which is runs as a business, had become financially unviable. The P&C sought third party financial advice about how to proceed, and the recommendation to close the canteen was made.

This is very sad news for our community as Katie and her team will be truly missed. As canteen manager, Katie did an exceptional job at giving our kids healthy, nutritious and competitively priced meals. We are extremely grateful for all the time, energy and passion she gave to the canteen over the years.

# With a health fund?

We offer gap free kids examinations, cleaning, fluoride, x-rays and fissure sealants to all children under 16.

We also offer the Medicare Child Dental Benefit Schedule to all eligible children.

Not with a health fund, exam, clean & fluoride \$89 per child.



## DENTIST@HEALTH

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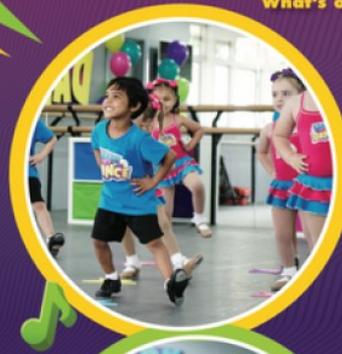
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