Dear Parents and Community Members

Athletics Carnival

I am trying very hard not to gloat about our victories last Friday, however, am failing miserably! I was absolutely thrilled with the efforts of our students. While delighted with our many place getters, I am particularly proud of those who struggled on for the sake of the team. Again, we showed how well our children work together in our clean sweep of the team games. A spontaneous act of sportsmanship at the trophy presentation gave me great pride. Zion, after placing second in the Junior boys, reached across and shook hands with the winner. This was unprompted and not repeated by anyone else. That is sportsmanship!

I would like to thank Sherree Nicholson for her hard work in training our children. She did this enthusiastically; running off races several times to be fair to all participants and juggling teams to ensure equitable participation. Behind the scenes, Josie Kent collated the entries and prepared marshalling sheets for all teams. Josie, as always, organised first aid, epipens and any necessary equipment. Naturally, the rest of staff supported them but it was their leadership that aided our win.

I received the email below on Sunday. Staff really appreciate this sort of feedback.

I just wanted to congratulate the staff & of course all the kids on the results achieved at the sports carnival. It made me very proud to be a part of the Moorine Rock Primary School. To achieve a hundred percent success in the team games, which enabled us to win the shields, was a credit to the effort put in by you all & in particular Sherree. The camaraderie and sportsmanship between our kids is lovely to see. To see the way all of our kids pushed themselves in the long distance regardless of where they finished was great. So well done to you all, your efforts are appreciated.

Parent Concerns

I would like to remind parents and community members that if they have any concerns, please bring them to my attention. If we know of a concern, we can address it and hopefully solve it.

At the carnival last Friday, a conversation between members of our community was overheard by a staff member, in which the school and all current staff were being criticised. The staff member was very hurt by the remarks especially as they appeared to have no veracity. While the remarks may not have been meant vindictively, it is these negative sorts of comments that can undermine the morale of a school and its community.

MRPS, although small, provides an excellent education for your children. It has:

• Ratio of 1 teacher to 11 children - Perth schools would be lucky to have 1 teacher to 25/30 children
• A greater opportunity for individual attention - remediation and/or extension work
• Resources to cover all areas.
• A welcoming and caring learning environment.
• Teachers who REALLY care.
• A great community
Holidays

I hope everyone has a wonderful and relaxing holiday. For those going to Bali, fingers crossed that the volcano behaves and you can get home, although I guess a few extra days wouldn’t be too hard … As for the family going to Thailand … I am very jealous. I am flying to Adelaide to spend time with my daughter, Louise, her husband, Andre and my grandson Sammy.

Kindy Days

So as to ensure that our Kindy children do not miss out on tennis coaching and our end of term assembly, they will attend school on the Friday 18.09.2015 in lieu of Thursday 17.09.2015. I hope this does not inconvenience families.

Therefore Kindy students will attend school on:-

- Week 9 will attend Monday 14.09.2015, Tuesday 15.09.2015 and Friday 18.09.2015

Pie Warmer

- Pie Warmer lunches finish at the end of term.

Art and Craft

Please save
- Bottle tops - all colours - from milk and juice bottles.
- Baby formula tins - these are perfect for paint brush storage.

Regards

Lyndy Richmond
Principal

Tennis with Sam Goodhill
A Visit from Izzy

Interschool Athletics Carnival
**Upcoming Events**

<table>
<thead>
<tr>
<th>Day</th>
<th>Date</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>Friday</td>
<td>18ᵗʰ September 2015</td>
<td>Tennis with Sam Goodhill K - Yr 6</td>
</tr>
<tr>
<td>Friday</td>
<td>18ᵗʰ September 2015</td>
<td>Assembly commencing at 9 a.m.</td>
</tr>
</tbody>
</table>

**BIRTHDAYS**

**Cassidy Della Bosca 27ᵗʰ September 12 years**

**MOORINE ROCK P&C FOOTY TIPPING**

Another successful year of footy tipping has come to an end. Thank you so much to everyone that participated again this year and also to our very generous sponsors. It has been a very successful fundraiser for our P&C.

Congratulations to this year’s major prize winners. The girls shone through this year, with all female winners!!

1ˢᵗ Prize $1000  
Glenys Newbury (Hoseforce)

2ⁿᵈ Prize $ 500  
Linda Warren (Eggcellent)

3ʳᵈ Prize $ 200  
Kate Goodhill (Kate)
# 2015 YSSSA CARNIVAL RESULTS

## Team Results

<table>
<thead>
<tr>
<th>Handicap</th>
<th>Outright - Raw Score</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>1st</strong> Moorine Rock</td>
<td>1015.12</td>
</tr>
<tr>
<td><strong>2nd</strong> Centaur</td>
<td>705</td>
</tr>
<tr>
<td><strong>3rd</strong> St Joseph's</td>
<td>648.12</td>
</tr>
<tr>
<td><strong>4th</strong> Phoenix</td>
<td>628</td>
</tr>
</tbody>
</table>

## Individual Results

**Sub Junior Boys Champion**: Aiden Bruce, Centaur  
**Sub Junior Boys Runner Up**: Jayke Krauss, Centaur  
**Sub Junior Girls Champion**: Taylor Dobson, Centaur  
**Sub Junior Girls Runner Up**: Brianne Russel, Centaur  
**Junior Boys Champion**: Dustin-Lee Luke, Phoenix  
**Junior Boys Runner Up**: Zion Fogarty, Moorine Rock  
**Junior Girls Champion**: Hayley Berrell, Centaur  
**Junior Girls Runner Up**: Chloë Dixon, Phoenix  
**Intermediate Boys Champion**: Cameron Swarbrick, Centaur  
**Intermediate Boys Runner Up**: Flynn Chrisp, Centaur  
**Intermediate Girls Champion**: Jeanette Jetta, Phoenix  
**Intermediate Girls Runner Up**: Molly Marinkovich, Phoenix  
**Senior Boys Champion**: Clay Kent, Moorine Rock  
**Senior Boys Runner Up**: Angus Irving, Moorine Rock  
**Senior Boys Runner Up**: Baily Furnell, St Joseph’s  
**Senior Girls Champion**: Kathleen Harvey, Moorine Rock  
**Senior Girls Runner Up**: Cassidy Della Bosca, Moorine Rock
Moorine Rock Tennis Club – Junior Coaching

Tennis Coaching will commence on Saturday 17th October 2015 at the Moorine Rock tennis courts.

The coaching program will run for 5 weeks, concluding with the Junior/Senior Tournament on Sunday 22nd November.

Cost is $20 per child or $50 for a family of 3 children. Participants will need to bring their hats, water bottles and a piece of fruit to share for morning tea. Milk shakes will be on sale for 50c.

Any child who is in Pre-primary or primary school is invited to register their name with Lib Irving
(ph: 90498001 mob: 0429498000).

Time: Pre-primary - Year 4's 9am - 10am
Years 5 - 7 10am - 11am

There may be some changes to these times, depending on ability.
Families matter

We all lead busy lives and have many commitments, but some of us may not be coping as well as others. These could be adults, teenagers, older people and even children. You may have noticed someone you know hasn’t been themselves lately or they might have a lot on their plate. Chances are that they need someone to talk to who can provide a bit of support.

There are some things to consider before starting a conversation:

- Make sure you are ready to listen and give as much time as needed
- Be prepared for the person to be embarrassed or maybe even a little angry about some of the issues they are dealing with
- Pick a good time to speak with them in a private place
- Help them open up by asking questions such as “How are you travelling?” or “What’s been happening?”
- Mention things that have made you concerned like “You seem less chatty than usual, how are you going?”

The Wheatbelt Mental Health Service can also provide support and are contactable on 9621 0999.

Kidsmatter has many online resources to help families build resilience to face tough times [https://www.kidsmatter.edu.au/families](https://www.kidsmatter.edu.au/families)

If someone is in a crisis there are numbers they can call for confidential advice and support including:

- **Lifeline**: 13 11 14 an organisation that keeps people safe from suicide, supports people in crisis and keeps people emotionally well.
- **RuralLink**: 1800 552 002 a specialist after-hours mental health telephone service for the rural communities of WA.
Perfect Porridge

Ingredients

- 2/3 cup rolled oats
- 1 cup low-fat milk
- 1/3 cup water
- 1 apple, core removed, coarsely grated with skin on
- 1 tsp orange rind, finely grated
- 2 tbs sultanas
- pinch ground cinnamon

Method

1. Place all ingredients into a large microwave-safe bowl and mix well.
2. Cook in the microwave on HIGH (100% power) for 3 minutes.
3. Stir, then cook on HIGH for a further 2 minutes.
4. Set aside for a few minutes and sprinkle with extra cinnamon, to taste.

Variations

- Replace apple with frozen berries or a banana.
- Vary the dried fruit to include chopped apricots, figs or dates.

Healthy tip!

Love coffee? Reduce the two sugars in your coffee to one with low-fat milk, then cut out the sugar completely!

Nutrition Information

<table>
<thead>
<tr>
<th></th>
<th>per serve</th>
<th>per 100g</th>
</tr>
</thead>
<tbody>
<tr>
<td>Energy</td>
<td>1225 kJ</td>
<td>254 kJ</td>
</tr>
<tr>
<td>Protein</td>
<td>9.4 g</td>
<td>2 g</td>
</tr>
<tr>
<td>Fat, total</td>
<td>4.5 g</td>
<td>0.9 g</td>
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<tr>
<td>– saturated</td>
<td>1.4 g</td>
<td>0.3 g</td>
</tr>
<tr>
<td>Carbohydrate</td>
<td>50.7 g</td>
<td>10.5 g</td>
</tr>
<tr>
<td>– sugars</td>
<td>30 g</td>
<td>6.2 g</td>
</tr>
<tr>
<td>Sodium</td>
<td>58.7 mg</td>
<td>12.2 mg</td>
</tr>
<tr>
<td>Fibre</td>
<td>6.3 g</td>
<td>1.3 g</td>
</tr>
</tbody>
</table>
From the Sandpit to Adulthood
Helping today’s children to thrive

Every parent wants their children to thrive — to grow up happy, healthy, strong, kind and capable of realising their full potential. In this seminar, parenting author, educator and resilience specialist Maggie Dent explores the 10 keys to parenting that support this goal. She acknowledges there is no “perfect” and that challenge, adversity and failure can actually help our kids grow stronger and smarter.

Venue: Dowerin Community Club, Dowerin WA
Date: Wednesday 23rd Sept 2015
Time: 6:30pm-8:30pm
Ticket: $25 (includes soup & sandwiches for dinner plus coffee & cake for supper)
RSVP: to gemmacoumbe@westnet.com.au by Friday 11th September

www.maggiedent.com