



MOORINE ROCK PRIMARY SCHOOL

Newsletter

Issue: 9

11th June 2019



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"Reach for the Stars"

From the Principal, Miss Sarah Perrett

Dear Parents & Care Givers,

How lovely it has been to receive rain over the past few days. I hope this is the start of a bumper season!

Lego Club

Each week our Student Leaders organise a lunch time activity for students to participate in. Inspired by the recent TV show "Lego Masters" Riley Edwards has been teaching his peers different skills such as building with SNOT (Studs Not On Top) and building a lego sphere out of rectangular bricks. The club is popular amongst many students and the student leaders are to be commended for their leadership role in such an event.



Junior Room Assembly & Biggest Morning Tea

I encourage you all to attend our final assembly for the term on Friday 28th June at 9:00am, where the Junior Room will be showcasing their learning from this term through an entertaining and informative performance!

Following the assembly there will be a Cancer Council Biggest Morning Tea and open classrooms, concluding around 11am. Please bring a plate of food to share.

Football Clinic

Last Thursday, Pre-Primary to Year 6 students were fortunate to participate in a football clinic run by Paul Reid from the Western Australian Football Commission (WAFC). All students participated to progress and were able to develop and demonstrate their catching, kicking and handball skills. Thank you to Paul and the WAFC for the footballs and posters.



Senior Room Art

Students in the Senior Room have researched different cultures and then created their own mask reflective of a chosen culture. I have been amazed at their creativity and perseverance with this task and encourage you all to view them at our open classrooms at the next assembly.



YSSSA Football & Netball Carnival

Due to the wet weather and students recovering from recent illness, the decision was made to cancel the Football and Netball Carnival last Friday. This event has been rescheduled for Friday 21st June.



Dates to Remember

Date	Day	Event
21st June	Friday	Football & Netball Carnival
24th June	Monday	Resilience Expo Year 5 & 6 students in Merredin
28th June	Friday	Junior Room Assembly & Biggest Morning Tea
2nd July	Tuesday	School Council Meeting held at school, 2:35pm
4th July	Thursday	Electronic Student Reports to go home
5th July	Friday	Last Day of Term 2
22nd July	Monday	School Development Day—Students do not attend school
23rd July	Tuesday	First Day of Term Three for Students

HAPPY BIRTHDAY

Leonardo Borona

9th June



Awards

Term Two Week 5

Gracie Lawrence: for building her capacity to work on independent tasks.

Matthew Edwards for an excellent ability in calculating fractions of an amount.

Guiding Principles: Kyesha Rasmussen



PHOTO COMPETITION

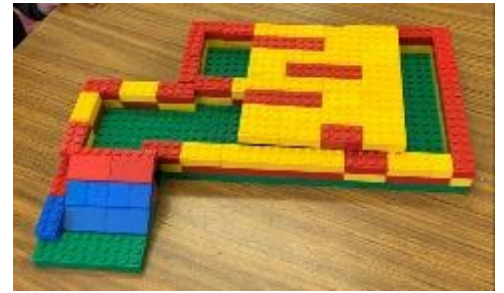


Are you good at photography? Would you like to have a photo you took displayed at Moorine Rock Primary School for years to come?

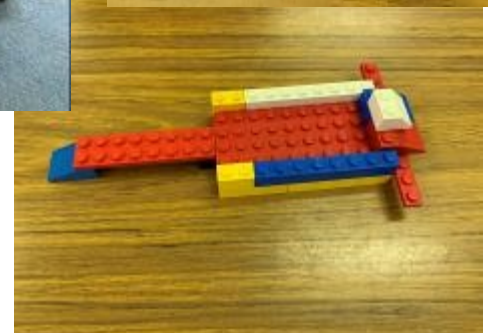
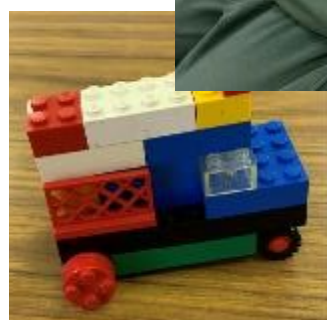
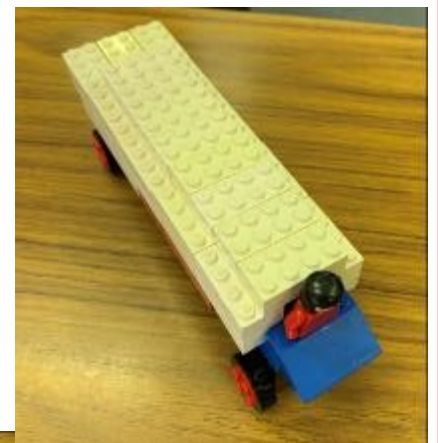
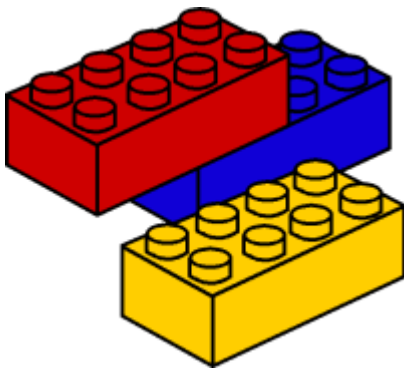
The school is seeking 1-2 landscape/scenery photos (with greenery and possibly blue sky) that reflect the local Moorine area (farming, rocks, native flora/fauna) to display in the front office. Photos need to be taken in high resolution as they will be printed onto canvas. This competition is open to children and adults, amateurs and professionals.

To enter: print a colour copy of your photo onto A4 paper and send into the office with your name and contact details on the back. Competition closes Friday 18th October, 3pm. Maximum of three entries per person.





LEGO CLUB





Football Clinic





Cultural Masks





Department of
Education

Public education
A world of opportunities

APPLY NOW TO ENROL YOUR CHILD IN KINDERGARTEN

If your child is four years old by 30 June 2020 you can apply to enrol them in Kindergarten for 2020. Places are limited so apply at your public school or community kindergarten by 26 July.

For more information and to find a public school in your area visit education.wa.edu.au.

MOORINE ROCK P&C FOOTY TIPPING

RESULTS

Round 11 - Sponsored by Two Dogs Home Hardware with thanks to Chesney Maloney

Winner: M & M

Overall Competition Leaderboard:

1st – JARVA 67pts

2nd- David 66pts

3rd – RRJ/Cowpatch 65pts

Round 12 - Sponsored by Tupperware with thanks to Marie Bartlett.

Winner: Sam

Overall Competition Leaderboard:

1st – Cowpatch/David/JARVA 69pts

2nd – RRJ/Sarah 68pts

3rd – Nannabelle/Pags/TrevorWard/sean 67pts



Bel Canto Performing Arts

Musical Theatre Classes – Merredin

www.belcantoperformingarts.com.au

Classes in Merredin will consist of Singing, Acting with an introduction to Dance with a view to all students participating in an end of year concert performance and inclusion in a production of “Elf Jr the Musical” with BCPA students from Perth.

Class Time: 10.45am – 12.00pm

Class Dates:

March 2nd, 16th, 30th - Completed

April 13th - Completed

May 4th, 18th – Completed

ENROL BY END OF JUNE & BE A PART OF ELF Jr the Musical in December 2019

June 1st, 15th, 29th

July 27th

August 10th, 24th

September 7th, 21st

October 12th, 26th

November 9th, 30th

December 7th



Performance Dates:

Friday 19th – 21st December – Elf Jr the Musical

Venue address: Cummins Theatre – 31 Bates Street, Merredin WA

Contact number: Katherine 0411 462 164

Contact email: belcantoperformingarts@gmail.com

Administration fee: \$25 - non-refundable

Tuition Fee: \$15 per class

Class Ages: 6yrs to 17yrs





'Allo

'Allo

Tickets

Full ticket \$25

Concession \$20

By Jeremy Lloyd & David Croft

(An amateur production by arrangement
with ORiGiN Theatrical, Samuel French)

When

7pm

Friday 21 June

Saturday 22 June

Friday 28 June

Saturday 29 June

BYO Supper

2pm

Sunday 23 June

Afternoon tea \$5

Doors open

30 mins before show

Mild adult
themes



Tickets available from:

Trybooking

<https://www.trybooking.com>

/book/event?eid=495360&

Central Wheatbelt Visitor's Centre

Winter Wellness



You may be noticing already within yourself a need to go slower and to have some more down time now that the days are becoming much shorter. Our bodies are organically connected to the seasons and cycles of nature and when we hear and honour this innate wisdom, we make life a lot easier and more enjoyable. Wellness is created from acute awareness and responsiveness to our own needs. When we have this kind of caring relationship for ourselves we are able to be more adaptable to life's changes and demands. There are many aspects to our life as a soul in a body and all of them are important to attune to, so here are our top 5 tips for creating wellness this winter...

1. Give your **physical** body plenty of nourishment and nurturing with warm foods such as soups and stews, packed full of colourful vegetables and wholesome proteins that suit your body. Some people feel better eating red meat and some people feel better eating chicken or fish, and some people feel better with vegetarian sources such as eggs or combinations of grains and legumes. Additionally for your healthy dietary needs Merredin is lucky to have Estelle's business of [Trapeze Nutrition Gold Foods](#). We love her vegetable broth that has some super ingredients for gut health and repair. You can click on this link to go to the Facebook page for info or contact her on estellemada@hotmail.com or phone Estelle on 0400 707 770.

2. This is the perfect time of the year to take a bit of mental pause. Something we find helpful to calm down a busy mind and be able to create the experience of restoration is through getting out into nature and connect to the senses. When you can be fully present to the delightful winter smells, listening to the birds or other sounds in nature and feeling the touch of the earth under your feet or the breeze on your face, the mind can rest and the body can restore.

3. **Emotionally** winter is a time of going inward and connecting with the things that **make your heart sing**. Explore the things in your life that feed your heart. When our heart receives our attention and is in balance we are more able to have a sense of peace, restful sleep and supportive communication with the people we care about and who uplift us.

4. Create moments of stillness. **Stillness** is something that can be very difficult to achieve in our modern day society, yet it is a very important ingredient for wellness, particularly in winter. It is simply not sustainable to be rushing from one thing to another and having our mind and attention on juggling so many of life's callings. Stillness could simply look like taking a simple 10 minute break here or there to be still and enjoy a quiet cuppa or a focus on the breath.

5. Allow yourself to **dream**. Daydreaming is not always a bad thing. When we allow ourselves these moments it can nurture our soulful self. Having some days without alcohol and giving yourself plenty of space for sleep, dreaming and recording your dreams can give insights into the soul's journey and the things that feed the soul.

We hope you enjoy some of these wellness tips. If you are having difficulty with any of these areas of your life we would love to work with you to support you on the journey.