



MOORINE ROCK PRIMARY SCHOOL

Newsletter

Issue: **5**

3rd July, 2025

Principal's Message

Dear Parents and Community Members,

Well what a busy term we have had – and next term will be just as full!

I am looking forward to coming back and continuing to work with the classroom teachers as they extend and consolidate their learning programs for the students. Many plans and activities are already underway for Term 3 and I'm sure we will see ongoing student progress as a result.

Since the last newsletter the students have participated in the YSSSA Winter Carnival, participated in the online Indonesian Dance excursion and put on an **amazing** end of term assembly. The last thing for them to participate in is the **free dress day this Friday** to mark the end of the term.

This term I have met with the School Council, Reports have been sent out and parent interviews completed.

STAFFING

As Miss Landrigan will be away for the first two and a half weeks of Term 3, I have organised for Ms Lilanie Buekes to return to the junior room for this period. Lilanie was with us for the first couple of weeks this term while Miss Landrigan was away so she is very familiar with the students and their routines, which means their learning programs will not be disrupted.

Next term we are increasing our EA time by one day so we will be advertising the position during the holidays. The successful applicant will be assisting Mrs Goncalves in the senior room.

I will also be advertising for a teacher to join our team for three days a week. The successful applicant will work across the school providing added support in various learning areas. These will be dependent upon their own skill set and the identification of particular needs across the school.

Principal's Message

KINDY AND PRE-KINDY

Next term our Kindy students will begin attending school for three days a week, Monday, Wednesday and Thursday. We look forward to having them for the extra day.

We will also be welcoming our Pre-Kindy students who will be joining us on Thursday of each week. Starting time for Pre-Kindy is 8.45am and they will finish at 10.40 am. Parents of the Pre-Kindy students need to remain on site while they complete their program. Pre-Kindy students can then join the other students for recess if their parents wish. Please remember to pack the students a hat, water bottle and some fruit for crunch and sip and also something for recess if they stay.

THANK YOU

This week it has been our pleasure to have Lucy Birtles working in the junior room doing some community service. On behalf of the staff and students I would like to thank Lucy very much for the invaluable help she provided to Miss Landrigan and all the students in the junior room in particular, and also to the whole school during recess, lunch and any other time everyone was together. Lucy, it was lovely having you here, we hope you enjoyed the experience as much as we did and we all wish you the best for the remainder of Year 11.



In closing I would like to wish everyone a lovely break over the next two weeks. Travel safe if you're out and about and I look forward to seeing everyone next term! Don't forget, Term 3 starts for the students on **Tuesday 22 July**.

Kind Regards

Karen Tabner

Principal

Important Dates to Remember

Please refer to your Term Planner for all these dates—if anything changes we will notify you via our weekly email.

- ⇒ Monday is Library day for both classrooms —please bring in your library bags
- ⇒ Wednesday is sport for the whole school
- ⇒ Pie warmers are back for Term 3—Students may bring lunches from home that require warming up in the pie warmer on Mondays and Wednesdays. Food is to be brought in an appropriate container (oven proof) or wrapped in alfoil. Please mark your child's name on their lunch for ease of distribution.
- ⇒ Term Three starts for Staff on Monday, 21st July
- ⇒ Term 3 starts for Students on Tuesday 22nd July
- ⇒ Kindy Days are Monday, Wednesday and Thursday for Terms 3 and 4. The extra day will start on Wednesday 23rd July
- ⇒ 3 Year Old Kindy will start on Thursday, 24th July
- ⇒ Thursday—24th July—Mini Assembly—2.30 pm start. Parents are welcome to attend
- ⇒ Friday 4th July—Free Dress Day

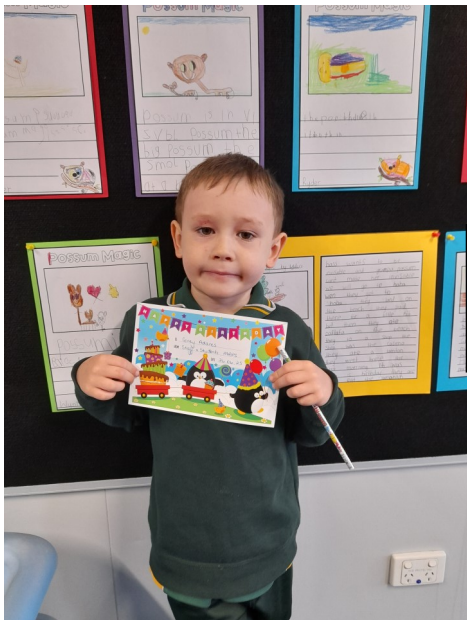
Happy Birthday to

Royce Dickenson 10th July

Demi Borona 20th July

Aliyah Dickenson 25th July

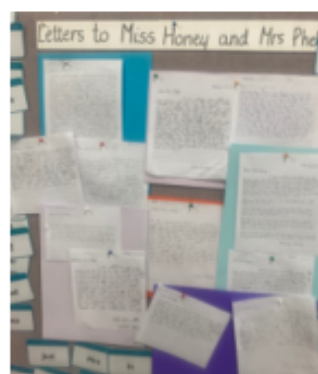
HAPPY
BIRTHDAY



Happy Birthday
Corey

Senior Room with Mrs Laczak-Goncalves

This term, we have been studying *Matilda* by Roald Dahl. Throughout our learning, students had many opportunities to produce fabulous pieces of writing — from letters to Miss Honey and Mrs Phelps to rewriting the hilarious chapter involving superglue and Matilda's dad. Our studies culminated in an energetic end-of-term assembly, where students performed a lively scene featuring Bruce and the chocolate cake, followed by a well-synchronised dance to *Revolting Children*. It was a wonderful celebration of creativity, teamwork, and all things Roald Dahl!



In Science, we have been exploring Earth and Space, with a focus on the solar system. As part of our investigations, we conducted an experiment to see if we could capture invisible light. Students worked through the scientific process — making predictions, setting up a fair test, carefully gathering results, and recording their findings. It was a hands-on and engaging way to deepen our understanding of light and how science helps us explore the unseen.



Senior Room with Mrs Laczak-Goncalves

The children have been working hard to recreate Pete Cromer's vibrant art style, focusing on native Australian animals. Inspired by his bold use of colour and texture, they explored a variety of media to create their own interpretations — including watercolour, oil pastels, fabric, and even natural materials like bark and twigs. Their creativity and attention to detail have brought these unique pieces to life, celebrating both art and Australia's incredible wildlife.



In week 7, The Senior Class participated in the Winter Carnival alongside students from Southern Cross District High School and St Joseph's Catholic Primary School. They thoroughly enjoyed the day, demonstrating commendable sportsmanship, impressive skills, and great perseverance throughout each event. It was a fantastic opportunity to connect with peers and celebrate healthy competition.



Senior Room with Mrs Laczak-Goncalves

During the last week of term, we got even more creative by making our own chocolate from scratch! This fun activity brought together learning from many different areas: in **Mathematics**, we explored measurement, doubling, and fractions; in **Literacy**, we wrote clear instructions for how to make chocolate; and in **Science and Technology**, we investigated the processes and techniques needed to create a delicious treat.





JUNIOR ROOM

Miss Landrigan, Mrs Capelli & Miss Edis

Dear Parents and Guardians,

What a fantastic term we've had in Kindergarten to Year 2! The classroom has been buzzing with learning, laughter, and discovery. Thank you for your ongoing support this term. Whether it's reading at home, helping with homework, or encouraging curiosity—your partnership makes a huge difference in your child's learning journey. We truly appreciate everything you do.

Literacy Corner

Our students have been diving into stories, building their phonics skills, and learning to express themselves in writing. It's been such a joy to see the confidence growing in our young readers and writers. From building phonemic awareness and learning new sounds in Kindergarten, to developing confidence in reading, writing, and speaking in Pre-Primary and Year 1, and crafting more detailed sentences and stories in Year 2 – it's been inspiring to see their growth. Whether they're exploring new vocabulary in our home corner, practising handwriting, or sharing their ideas during class discussions, our students are showing curiosity, persistence, and a love for learning. Well done to all our young learners – we're so proud of your efforts!



Our students have been working really hard on their writing!

Math Corner

In maths, students have been exploring numbers, patterns, and shapes. Through hands-on activities and games, they've been developing strong number sense and problem-solving skills. It's been wonderful to see their excitement when they learn a new concept or complete a tricky challenge.

Looking forward

Next term is shaping up to be an exciting and busy one! We'll be diving into new topics in Literacy and Mathematics, exploring the world around us in Science and Technology and enjoying special events and learning experiences along the way. We hope you all have a restful and happy break, and we look forward to another wonderful term of learning and growing together.

With pride and gratitude.

The K-2 Teaching Team 

Drinks - What should children drink?

Water is the best drink for your child. It keeps them healthy, hydrated, and helps with focus throughout the day. Encourage your child to drink plain water every day.

How much fluid do kids need daily?

- 4 to 8 years: 1200 ml (about 4 cups)
- 9 to 13 years:
 - boys-1600 ml (about 6 cups)
 - girls- 1400 ml (about 5 to 6 cups)
- 14 to 18 years:
 - boys- 1900 ml (about 7 to 8 cups)
 - girls- 1600 ml (about 6 cups)

What about milk?

Plain milk is a great source of calcium to support your child's growing bones and teeth. Choose plain over flavoured milk to avoid added sugar.

Drinks to limit and avoid

Try to avoid sugary drinks such as soft drinks, sports drinks, energy drinks, vitamin waters, cordials, and fruit juices. These can lead to weight gain and tooth decay.

Energy drinks may also contain caffeine, which is not suitable for children.

Find out more

Learn more about [healthy drinks](#) and [why it's important to limit sugary drinks](#).

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Energy drinks

Energy drinks are becoming more popular with children and teens, but they are not safe for young people.

These drinks often contain:

- caffeine and guarana (a caffeine extract from plants)
- sugar (main source of calories)
- taurine (an amino acid)
- B vitamins (help convert food to energy).

Why aren't they safe for your child?

- Energy drinks often contain high levels of caffeine.
- Children should not consume more than 3 mg of caffeine per kg of body weight per day.
- The safe limit is easily exceeded with some brands and large cans.

Effects on the body:

- sleep problems, behavioural issues, and mental health concerns due to caffeine
- dehydration from caffeine and sugar
- weight gain and tooth problems from added sugar.

Water and plain milk are always the best choices for your child.

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Breakfast ideas

Breakfast gives your child the energy they need to start the day.

A nutritious breakfast can improve your child's concentration, mood, and overall performance at school.

Include food from the [five food groups](#) in your child's breakfast.

Here are some breakfast ideas:

- raisin bread or fruit loaf topped with ricotta cheese and fruit
- porridge, made with milk and topped with berries or chopped banana
- fruit smoothies, made with milk, yoghurt, soft fruit and wheatgerm
- wholegrain muffin (topped with cheese and tomato) and a piece of fruit
- yoghurt topped with cereal and chopped or pureed fruit
- baked beans with wholegrain toast and a small glass of diluted fruit juice
- poached or scrambled eggs with toast and a glass of milk
- toast with avocado and a glass of milk
- wholegrain toast, spread with a small amount of jam or honey and topped with sliced banana, and a small yoghurt tub

Find out more

Learn more about [healthy breakfast](#) and [family breakfast ideas](#).

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Healthy eating for families

Healthy eating is important for both kids and adults.

A healthy diet can reduce the risk of obesity and chronic diseases like heart disease, diabetes, and some cancers.

Australian dietary guidelines recommend:

- Stay active and choose nutritious foods to maintain a healthy weight.
- Eat a variety of foods from the [five food groups](#): vegetables, fruits, grains, protein (meat or alternatives), and milk.
- Drink plenty of water.
- Limit saturated fat found in foods like biscuits, cakes, pies, pizza, processed meat and fried foods.
- Choose foods with low salt. Check labels for low-sodium options.
- Limit foods and drinks with added sugars.
- Prepare and store food safely.

The right amount of food your child needs from the five food groups depends on their age, gender and stage of life.

Find out more

Find out more information about the [standard servings](#) and [recommended daily intakes](#) for your child.

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Healthy eating - ten tips for parents

Healthy eating is important for your child's growth. As parents, you shape their eating habits.

Here are ten simple tips to help your child eat healthy:

- Give your child a variety of different foods.
- Offer nutritious snacks such as fruit, yoghurt, crackers, and cheese.
- Encourage your child to eat breakfast.
- Ensure that the family eats together at least once a day.
- Pack your child's lunch at home. Let your child help.
- If your child refuses a new food, don't make a fuss. Try again several times.
- Listen when your child tells you they are full.
- When your child is thirsty, encourage them to drink water.
- Allow your children to help with planning and preparing healthy meals.
- Plan physical activities for your family. Keep a balance between the food eaten and energy needs.

Find out more

HealthyWA gives more information about [food](#) for pre-primary and primary school children.

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Healthy food children will love!

Finding healthy foods that your child enjoys can be a fun and rewarding way to promote good eating habits.

Tempt your child with these healthy foods:

- Blend fruit with milk and a spoonful of low-fat yoghurt to make a smoothie.
- Freeze fruit (such as grapes, pear, or banana).
- Top toast with ricotta cheese, banana slices and cinnamon.
- Cut veggies into bite-sized pieces.
- Mix chopped tomato and green capsicum with baked beans. Put the mixture on toast or in a baked potato, and sprinkle with low-fat cheese.
- Add cooked vegetables to lightly beaten eggs. Melt some polyunsaturated margarine in a pan and cook the mixture over low heat until eggs are firm.

Remember to keep food cool at school by using a cool bag or placing a bottle of frozen water in the lunchbox. Keep lunches interesting by including salads, wraps and dips with cut-up veggies.

Find out more

Fresh For Kids gives more [recipes](#) that children will love.

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Shop smart and eat healthy – tips for parents

Shopping smart saves money and leads to healthier food choices for a better lifestyle.

What can you do:

- Plan your meals and snacks for the week, make a list and stick to it.
- Spend most of your money on the [five food groups](#). Limit spending on junk foods.
- Buy in season. Seasonal fruits and vegetables taste great, are of good quality and offer better value for money.
- Select small pieces of fruit as they are easier to handle by your younger child.
- Avoid bruised fruit or vegetables.
- Encourage variety to avoid your child getting bored with their food.
- Read the nutrition information panel to compare the energy, protein, fat, carbohydrates, and sodium content in foods.
- Encourage your child to help with shopping. They can learn smart shopping skills from you.

Find out more

Raising Children Network gives more information on [teaching your child to be a smart shopper](#).

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Snacks for kids

Here are some healthy snack ideas to give your child energy throughout the day:

- muffins (made with fruits or grated vegetables or both)
- celery sticks and peanut butter
- English muffins with cheese
- scones (plain, fruit or pumpkin)
- pikelets or pancakes
- small tub of yoghurt
- cheese stick or triangle
- pita chips (cut pita bread into triangles, sprinkle with cheese and bake in the oven until crispy. Once cooled, store them in an airtight container)
- wholemeal crackers and cheese
- homemade plain popcorn
- fresh fruit pieces.

Find out more

Find out [healthy snack recipes](#) from Crunch&Sip.

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Super sandwich ideas

Looking for a fun and tasty lunch?

Here are some sandwich ideas for you to try:

- cottage cheese, dates and pineapple
- ricotta cheese, sultanas, tomato and carrot
- cheese, pineapple and lettuce
- cheese, beetroot and avocado
- cheese, tomato, lettuce, grated carrot and hummus
- turkey, tomato, lettuce and avocado
- turkey and relish
- turkey and cranberry sauce
- tuna, lettuce and avocado
- chicken, tomato, cucumber and low fat mayonnaise
- chicken, alfalfa and hummus
- chicken, lettuce and avocado
- beef, tomato, carrot and pickle
- beef, alfalfa, carrot and tomato sauce
- ham, beetroot, spinach and hummus

Find out more

Try mixing [different ingredients](#) to turn your sandwich into a tasty treat. Crunch & Sip gives more ideas about [sandwich fillings](#).

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