EMPhasiS

Strive to Succeed

A Newsletter from
East Manjimup Primary School,
PMB 5, Manjimup 6258 ☎ 9771 9200

No 11 – 2 August 2019
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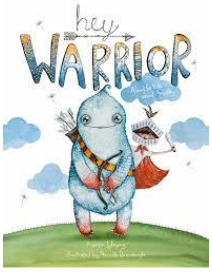
Dear Parents and Community Members

Anxiety in Children and Teens evening

Karen Young is a psychologist and speaker with great knowledge of anxiety in children and teens. She is the founder of the 'Hey Sigmund' on-line resource. Our P&C has kindly provided support for Karen to **present to parents, community members and staff on Tuesday 6 August, from 7.00 – 8.30pm**, at EMPS. I encourage all adults who have an interest/need in anxiety in children and teens to attend the presentation. There will be time for questions and answers. Supper will also be provided. The event will be held in Room 11 (Indonesian Room).



We can teach kids to be optimistic and this is where resilience stems from. Teaching optimism through positive self-talk at home can seem 'corny' and 'over-the-top' but children pick up on the way adults speak around them. If something goes wrong - for example, lego breaking, knocking over a drink - you can try phrases such as: 'That's ok, we can re-build it/fix it/clean it up together.' Then, 'Thank you for helping me, you are so helpful. Well done for not getting too upset over that. You are getting really good at controlling your emotions'.

If you can't make it to the event on Tuesday night Karen will also be presenting at Manjimup PS the following night – Wednesday 7 August – from 6.00 – 7.30pm. You are welcome to participate.

Hand, Foot and Mouth Disease

This disease is 'doing the rounds' in Manjimup. It is a common, acute viral infection. Symptoms include fever, and blisters in the mouth and on hands and feet. It is NOT related to the Foot and Mouth Disease found in animals. Students with this disease must be excluded from school until the blisters have formed dry crusts.

Science Week – Anniversary of Apollo 11 Moon Landing

In Week 4 we will be celebrating National Science Week with a number of events. Your child may bring a quiz sheet home. If they do, please encourage (and where necessary assist) them. All completed quiz sheets will go in to a draw for a copy of the book *Moonwalkers*.

There will be a science show for K-2 students on Tuesday 13th August, at 2pm, and one for Yr 3-6 students on Thursday 15th August, at 2pm. Both shows will be in the undercover area and parents/carers and more than welcome to join in.

Semester Two Student Council Classroom Representatives

Students in Rooms 7, 9, 12 and 13 have elected their representatives for Semester Two. They are Ella McNeven, Emilia Prosser, Robbie Toigo and Mazlyn Membry. Well done to these students. Thank you to Ava Craig, Mia Allbon, Ashton Shields and Margaret Ugle in serving as classroom representatives in Semester One.

CLEAN Environment Award

We have started an inter-class competition where each class has a particular area of the school to maintain, in terms of litter. Once a week Mr Smith visits each of the 9 zones and gives a point score assessment of how clean (or otherwise) each area is. At each Wednesday assembly the class with the cleanest area will receive acknowledgement and a certificate. A tally will be kept of scores, and the class with the highest score at the end of each term will receive a prize.

Munda Biddi Event

Last week on Friday Oliver and Patrick from the Munda Biddi Foundation visited our school. They spent some time with the two older classes showing and discussing information about the Munda Biddi Cycle Trail, and also some basic bike maintenance.

This maintenance is based around 'A,B,C', standing for Air – Brakes – Chain. After lunch most of the Year 5/6 students went for an approximately two hour bike ride on the Trail, in the direction of Deanmill. Oliver and Patrick stated that our group of students was the strongest cycling group they have worked with for a long time.

Chaplaincy
As mentioned last term, Rory will be ceasing as our chaplain later this term. At this stage we do not know if we will have a replacement chaplain for the remainder of 2019. Also, offers for funding for chaplaincy services from 2020 were made last term and our school has applied. We will need to wait to see if we are successful.

P&C Meeting and Shed Sale
This afternoon at 3.00pm the P&C is holding a sale in the staff car park. There are many and various items. Please bring your gold coins to spend.

Jeans for Genes
We held the annual Jeans for Genes day yesterday. A total of $228.90 was raised.

What is Jeans for Genes? Jeans for Genes is the iconic fundraising campaign of Children's Medical Research Institute. Jeans for Genes was established in 1994 by Children's Medical Research Institute to fund revolutionary research that helps diagnose, understand, and find cures or treatments for conditions affecting kids, including genetic diseases, cancer, and epilepsy.1 in 20 kids is born with a genetic disease or birth defect. You likely know and care about someone affected. Genetic diseases are one of the leading causes of death in kids under four and the main cause of ongoing hospitalisation. To fight this epidemic, we need more research.

Languages Week
Week 3 is National Languages Week. Bu Knowles is organising for students in our school who speak another language (eg Japanese) to share with the whole school in those languages at next week's Friday assembly.

Book Week
Book Week is during Week 6. The theme this year is Reading is my Secret Power.

Rooms 1 and 5 Excursion
On Monday Rooms 1 and 5 set out for a day of exploring what life was like for early settlers in the Manjimup area. First, we visited Rockbridge Cottage in Upper Warren, a shingled slab hut built in 1918. We had the opportunity to look at 107-year-old artefacts from the Mottram family, who built the cottage and lived there. Then we continued to Jardee Village and explored the grounds where the original school built in 1912 remains. We were guided through a workshop museum which houses a variety of hand operated tools and equipment. These relics were used by railway and timber workers in the 1900s. Finally, at the Manjimup Heritage and Timber Park we experienced a guided tour of the Hamlet, a sausage sizzle lunch and a quick play. The day provided an opportunity for students to compare current life and everyday items to those used over 100 years ago used in the lives of the Manjimup early settlers.

Mrs Katherine Swallow

NAIDOC Incursion
On Thursday 8 August Josh Whiteland from Koomal Dreaming Cultural Experiences will be visiting our school to provide a range of Indigenous cultural events for our students. They will be held in the undercover area and parents/carers are certainly welcome to attend.

K/P: 11.30 – 12.00
1/2: 12.05 – 12.35
3/4: 1.25 – 2.10
5/6: 2.15 – 3.00

Our school received a grant from the WA Department of Local Government, Sport and Cultural Industries to help with the cost of this incursion.

Beep Test
Many of our students set new personal bests in the Term 2 Beep Test. Well done to the following for setting new school records:
Yr 4 Girl – Olivia Wallace – 8.1
Yr 4 Boy – Ken Beggs – 10.1
Yr 5 Boy – Declan Pinelli – 10.5

School Development Day
A reminder that the School Development Day this term will be held on Friday 23 August. Students do not attend school on that day.

Motocross – Motosafe Incursion
Yesterday Mark Gill from Motorcycling WA presented to our students. He showed two very new junior racing bikes, a DVD presentation, safety gear and spoke with the students about motor cycling sports and how to participate in them as safely as possible. Needless to say, many of our students were very excited.

Cross Country – State Event
A number of our students have either 'qualified' or volunteered to enter the annual School Sport WA cross country event in Perth. This will be held next Friday, 9 August. Yr 4 (and under) students run 2km and Yr 5/6 students run 2.5km. The students are:
Olivia W, Lilly P, Quinn A, Ken B, Karsha K, Joel P, Declan P, Jett M and Owen A. We wish them the best of luck.

Students from Manjimup PS and Kearnan College also participate.

Creek Play
It is great to see Creek Play resuming this year. Room 1 was the lucky first class. Thank you families for your keen support of Creek Play.

PEAC
Next week our Year 4 students will sit the annual PEAC tests. Any student/s who achieve very high scores in these tests will be invited to participate in Primary Extension and Academic Challenge events in 2020.

Screen Time
Tip 4 – Set aside time to unplug
Set aside times for the whole family to become unplugged. For example, the dinner hour or an hour before bed can be a great opportunity for the family to have quality time together.

Regards

Michael Smith
PRINCIPAL

ATTENDANCE AWARD		
WEEK	**CLASS**	**PERCENTAGE**
1	Rm 5	97.62%
2	Rm 7	97.40%

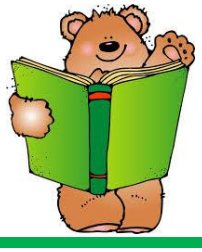
IMPORTANT DATES

Thurs 8 Aug	**NAIDOC incursion (K-6) (Koomal Dreaming)**
Fri 9 Aug	**Assembly Room 7 (2.15pm)**
Mon12 Fri 16 Aug	**Science Week**
Thurs 22 Aug	**Spellademic**
Fri 23 Aug	**School Development Day**
Mon 26 Fri 30 Aug	**Book Week (Secret Power)**
Fri 30 Aug	**Assembly Room 4 (2.15pm)**
Fir 13 Sept	**Asian Assembly (1.30pm)**
Fri 20 Sept	**Assembly Room 1 (2.15pm)**

FACTION VALUES SHIELD		
28s	Madison French Sophie Taylor	**1941**
Blueys	Koby Carpanoni Logan Wallace-Lea	**1952**
Red Tails	Joel Pape Ruben Shields	**1933**

SCHOLASTIC BOOK CLUB

Orders are due back by the **Wednesday 7 August** to the front office.
It's important you write your childs name, teacher and room number on the front of the envelope.
Or you can order by **LOOP**.
When you order and pay by the LOOP, do not fill in the order form or return anything to the school. Your order will be elecronically linked to the rest of your schools order. Visit **scholastic.com.au/loop**
EMPS earn's 20% in Scholastic rewards on all book club orders.



CLEAN Environment	
WEEK	**CLASS**
2	Room 4 Room 9

Information that has gone home in the past fortnight:

* Creek Play
* Munda Biddi Trail Foundation

STARS OF WEEK 1
Care and Compassion

Luke Cook for looking after his classmates and taking an interest in the well-being of others, you are a kind and considerate class member!

Madilyn Bamess for encouraging your classmate when they were finding a task difficult. You continue to demonstrate thoughtfulness and kindness in all that you do. Well done Madi!

Logan Wallace-Lea for always using your beautiful manners and expressing yourself so well to others. Keep it up Logan.

Imani Giles for being recognised by your class as someone who always makes sure everyone in the class is "ok". Thank you!

Lilly Podziuka Lilly, you take care with your work; you take care of your own and of class equipment, and you are caring to your friends and classmates!

Max Rayson for showing kindness towards his peers and being an inclusive class member during group work.

Judah Nunn for looking after our new class member, Noah on his first day of school, explaining faction points and helping him find out which faction he is in.

Willah Whild for being a caring and considerate class member and showing compassion for others when they are upset.

BE BUS AWARE

There are safety concerns for students crossing the road between buses (with parents).

REMEMBER:

* **the bus driver cannot see you once you are in front or behind a bus**
* **the buses are parked on an incline and can roll backwards**
* **the crossing at the front entrance to the school is still the safest place to cross. Traffic has the right-of-way.**

Starting 15th August 2019

Toddler Jam

"An inclusive, entertaining, interactive and engaging musical experience for toddlers and young children."

Thursdays 9:30-11am
during school term
Ages 0 to 5 years
$5 per family

Includes morning tea and play time

Registration starts 9:15am

Hosted by
MANJIMUP BAPTIST CHURCH
CORNER OF IPSEN & BATH ST, BEHIND COLES
Contact Lauren 0400 237 335 Facebook: manjimup toddler jam

STARS OF WEEK 2
Doing Your Best

Mazlyn Membry for always using any spare moments to complete work and striving for excellence. Room 13 has noticed your efforts.

Noah Hunter for his extremely positive attitude towards learning the new routines since joining our school. It's great having you in Room 12. Keep up the effort.

Nate Podziuka for trying hard in all areas of learning and for always completing work to the best of his ability.

Bryce Couper for challenging yourself during our recent Maths task. You remained positive, didn't give up and finished the activity to completion. Well done Bryce!

Mason Towerton for trying his best in all writing tasks. Mason is working extremely hard to achieve his writing goals. Well done Mason.

Esther Batrick for practising your Spelling Words regularly at home and making terrific progress. A fantastic effort Esther – well done!

Hailey Cutts for your constant effort in your learning. You always challenge yourself to do your best. Top effort!

Mahaylia Smith for participating with great enthusiasm during maths lessons. It is great to see you enjoying your learning.

Ken Beggs for consistently producing neat, careful, and high quality work. We like your artistic flair, too, Ken – keep up the effort

PERSONAL DEVELOPMENT PROGRAM FOR PARENTS

UNDERSTANDING COMMUNICATION THROUGH CONNECTION WITH HORSES

One Day Workshops: Saturday October 19th or Sunday October 20th 9am to 3pm

Come and have some fun with our special Equine Guides

Parents/Carers are invited to enrol in a **FREE** and **Catered** six hour, one day workshop;

- Developing an understanding of moods in relationship
- Understanding & interpreting body language
- Correlation between Mind/Body
- Listening and communication

Horses have the ability to learn and respond to human body language and give participants feedback. They assist with mindfulness and being 'present emotionally'.

Parents/Carers will become more confident in their role as well as enhancing connection with their children/family.

Please contact **Chris Scott** to enrol on:
Tel: 0431627186 or **Email: chris@horsevision.com.au**

Please note: No horse experience is necessary but numbers are limited for these workshops!

Supported by

1. Communication
2. Team building
3. Leadership
4. Problem Solving and Strategy
5. Resilience
6. Resolving Conflict
7. Creativity and Intuition

Horse Facility
Warren Equestrian Centre,
Ralston Road, Manjimup

Funded by:
Parenting Connection SW

Supporting WA Parents

Strengthening Children Against Anxiety

From anxious to empowered.

A presentation by Karen Young

What could our children do if they knew in their hearts they were brave enough? All children are capable their very own versions of greatness. For too many though, anxiety will shut down their capacity to discover their potential – but it doesn't have to be this way. This transformational session will provide the essential information and strategies to support children to build courage and resilience, uncover their strengths, and take anxiety back to small enough. We will discuss ways to nurture the skills and qualities that will strengthen all children for life. Participants will learn:

- a new, empowering way for children and adults to think about anxiety;
- why anxiety feels the way it does and how to use this to manage anxiety;
- how to build courage, resilience, and confidence in children with anxiety;
- proven, practical ways to calm and strengthen an anxious brain;
- the power of parents to move children towards brave – and how to do this when anxiety is in the way;
- how to respond to anxiety in the moment to make way for calm and courage;
- the different ways anxiety can manifest (including anger, tantrums, meltdowns, poor grades, inattention, hyperactivity, disruptive behaviour), and what to do.

Because our children are mighty. Now to make sure they know it too.

About Karen Young

In her work as a psychologist, Karen has worked extensively with children and teens. She is the founder of Hey Sigmund, an online resource that provides trustworthy, research-driven information on anxiety. The website attracts millions of visitors each year. She is the author of the bestselling 'Hey Warrior' and 'Hey Awesome', which creatively empower children to understand and manage anxiety. Both books have been translated into a number of languages. She is a sought-after speaker and consultant, both at home in Australia and overseas.

Enrol your children in swimming lessons during the October school holidays.

Choose from two programs:

9 Days

1 – 11 October
40 minute lessons

Prices:
$30 per child / $20 concession
$81 for a family of three or more / $54 concession
(plus pool entry).
Enrolments close 25 August.

5 Days

7 – 11 October
35 minute lessons

Prices:
$16 per child / $10.50 concession
$41 for a family of three or more / $27.50 concession
(plus pool entry).
Enrolments close 1 September.

Enrol now
Visit education.wa.edu.au/swimming or call 9402 6412.

EAST MANJIMUP PRIMARY SCHOOL
Strive to Succeed

Strengthening Children Against Anxiety

A presentation for parents, carers, community members and adults who work with children and teenagers

With author & psychologist Karen Young, founder of website *Hey Sigmund*

Tuesday 6 August 2019

7.00 - 8.30pm

Time for questions and answers

Supper provided

At East Manjimup Primary School

Kindly supported by East Manjimup PS P & C Association

Topics covered include:

- The different ways anxiety can manifest in children
- How to build courage, resilience and confidence in children with anxiety
- Proven practical ways to calm and strengthen an anxious brain
- The power of parents to move children towards 'brave'
- How to respond to anxiety in the moment to make way for calm and courage

We hope to see you there. Inquiries Michael Smith 9771 9200

Did you know that people with higher levels of activity have a greater sense of wellbeing and mental health?

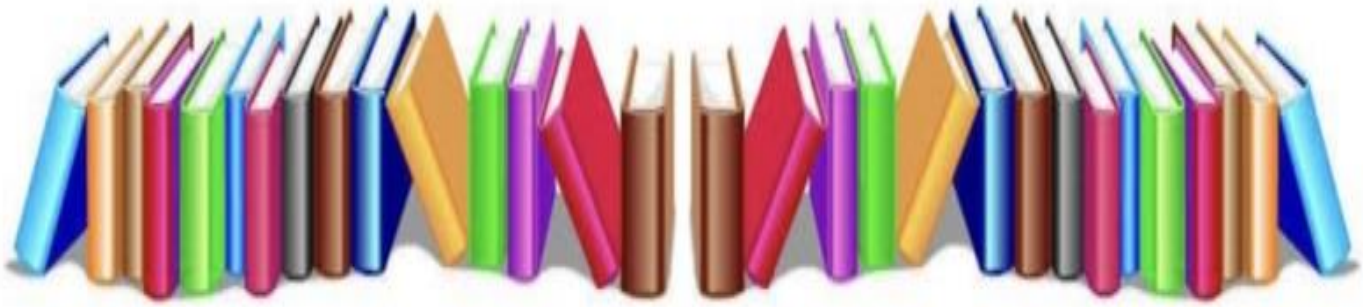
Throughout the month of August, EMPS will be 'actively' involved in 'Active August'; a new state-wide campaign promoting ways people and communities can get active for their mental health and wellbeing.

JOIN US FOR

ACTIVE AUGUST!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Jeans for Genes Fundraiser & Yr 3-6 Motocross Incursion & School Chaplain	2 Skipperoo Training & P&C Green Shed Sale & School Chaplain & *Learn Auslan at the CRC*[1]	3 *Manjimup Parkrun at King Jarrah 8am*[2] *& Manjimup Farmers Markets 8:30 - 12:30*
Week 3 4	5	6	7	8	9	10
Languages Week & St Vinnies Winter Food Appeal until 7th August[5]	Green Team Mottram Reserve Clean Up	Skipping Club & Anxiety in Children and Teens Community Workshop 7-8:30pm at EMPS	Creek Play & Mini Assembly & Marisa & Mark Music Lessons & Languages presentations	Koomal Dreaming NAIDOC Incursion K-6	Skipperoo Training & Room 7 Assembly & School Sport WA Cross Country - Perth & *The Big Chill Sleepout*[3]	*Manjimup Parkrun at King Jarrah 8am*[2]
Week 4 11	12	13	14	15	16	17
National Science Week	Creek Play	Skipping Club & Moon Science Show with Mr Smith K-2	Creek Play & Mini Assembly & Marisa & Mark Music Lessons	Moon Science Show with Mr Smith Yr 3-6 & P&C Meeting 7pm	Creek Play	*Manjimup Parkrun at King Jarrah 8am*[2] *& Manjimup Farmers Markets 8:30 - 12:30*
Week 5 18	18	20	21	22	23	24
Nannup Flower and Garden Festival	Creek Play	Skipping Club & Creek Play	Creek Play & Mini Assembly & Marisa & Mark Music Lessons	Spellademic	School Development Day	*Manjimup Parkrun at King Jarrah 8am*[2] *& Pro Wrestling returns to Manjimup*[4]
Week 6 25	26	27	28	29	30	31
October 9 Day Vac Swim Enrolments close	Book Week 'Reading is my Secret Power'	Skipping Club & Creek Play	Creek Play & Mini Assembly & Marisa & Mark Music Lessons	Book Week Parade 9am	Room 4 Assembly	*Manjimup Parkrun at King Jarrah 8am*[2]

1. Register your expression of interest through the CRC on 97772774 or email reception@manjimup.org.au
2. Visit http://parkrun.com.au/manjimup for more details
3. Register by calling 97719402 or drop in donations of blankets or non-perishable foods to the CRC
4. Manjimup Indoor Sporting Pavillion at 6:30pm, perthwrestlingtickets.bigcartel.com
5. Donate a can at Coles or Woollies!



Book Week 2019

26th - 30th August

Reading is my Secret Power

26th – 30th August

Classes will listen to students read fables and fractured fairytales throughout the week over the PA system. There will be displays in the library and class-based activities throughout the week.

Wednesday 28th August

Parents, grandparents, friends you are invited to share lunch with your children on this day. Perhaps you would like to order your lunch from the canteen on that day. Please stay and have a look at our library display and then for our mini Wednesday assembly. Following that will be our "Capes on a Quest" event. Parent helpers are very welcome to stay and assist.

Thursday 29th August

Our annual Book Week Parade will be held in the Canteen Undercover Area at 9am. Students are invited to dress as their favourite book character (remember to bring a copy of your favourite book) or dress up related to the theme – *Reading is my Secret Power.*

Term 3	Monday	Tuesday	Wednesday	Thursday	Friday
1	July 22	23 *Kindy*	24	25 *Kindy* **Jeans for Genes Day**	26
2	July 29	30 *Kindy*	31 *Kindy*	August 1 *Kindy* **Motocross Incursion Yr 3-6**	2 **P&C Green Shed Sale 3pm** Newsletter
3	August 5 **Languages Week** ***Green Team Mottram Street Clean Up***	6 *Kindy* **Anxiety in Children and Teens workshop 7.00 – 8.30pm**	7	8 *Kindy* **NAIDOC incursion (K-6) – various sessions (Koomal Dreaming)**	9 **Cross Country Event Perth – some students, with Mr Smith** **Assembly Room 7** **Languages Presentations**
4	August 12 **National Science Week**	13 *Kindy* **K-2 Moon Science Show with Mr Smith**	14 *Kindy*	15 *Kindy* **Yr 3-6 Moon Science Show with Mr Smith**	16 Newsletter
5	August 19	20 *Kindy*	21	22 *Kindy* ***Spellademic***	23 **School Development Day (students do not attend)**
6	August 26 **EMPS Book Week "Reading is my Secret Power"**	27 *Kindy*	28 *Kindy* *1:20pm Mini Assembly and "Capes on a "Quest*	29 *Kindy* **Book Week Parade 9am**	30 **Assembly Room 4** Newsletter
7	September 2	3 *Kindy*	4	5 *Kindy* **Skipperoo Performance & Skip-a-thon 2-3pm**	6
8	September 9	10 *Kindy*	11 *Kindy*	12 *Kindy*	13 **Asian Assembly** Newsletter
9	September 16	17 *Kindy*	18	19 *Kindy*	20 **Assembly Room 1**
10	September 23	24 *Kindy*	25 *Kindy*	26 *Kindy*	27 **Last day of term** Newsletter