



Coorow Primary School

17th August 2023

▶ Edition 53



THE COOROW QUILL

Our school is built on the land of the Yuat people – the Yuat are part of the Noongar nation. We respectfully acknowledge that the Yuat have been the custodians of this country for many thousands of years and we pay our respects to their Elders past and present.

Don't forget!! Tree planting on the school oval tomorrow 2.30pm

Everyone is welcome to join us as we plant trees and shrubs around the nature play area, plus some in the frog-bog, bush tucker garden, and bee garden. Thank you to the Seedling Bank, the Cullen family, and Miss Turk for donations of plants.

3Ups

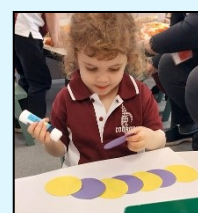
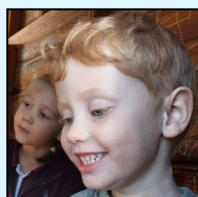
Our transition to kindy program has started and we welcomed all our new 3Ups to school this term. We have also planned a great series of events for all parents that will take place on 3Ups days:

- **Triple P**

It was fantastic to have so many parents come along to the Triple P positive parenting session last week! It was run by our school nurse, Tara Spencer. Tara will be presenting the second session next week - all welcome. Triple P gives parents practical tips to help you manage the big and small problems of family life and build stronger relationships. If you would like more information, please contact the school or visit https://www.triplep-parenting.net.au/au/free-parenting-courses/triple-p-parenting-in-wa/?itb=8e08227323cd829e449559bb381484b7&utm_source=model-b&utm_medium=vanity-url&utm_content=wa

- **Neuroscience**

Our series on the science of learning, and how we can support our children as they learn will start on 6 September (with thanks to Tammy-Anne from Above and Beyond Education). More details to follow soon.



Dates to remember



Monday 21 August	School Development Day
Tuesday 22 August	Coorow Shire library visit
Wednesday 23 August	3Ups - Triple P
Thursday 24 August	Student Leaders Healthy lunch day
	School Board Meeting
Friday 25 August	Faction Athletics Carnival
Monday 4 September	Father's Day morning
	Book week Dress up
Friday 8 September	Interschool Athletics Carnival



Our vision

At Coorow, we strive to do our best. We are confident and resilient. We laugh and learn and grow together.

Attendance

Our attendance figures this term are not good.

We have 23 students attending regularly (target - 30)

Only 69% of absences are authorised (target - 95%)

If children are going to achieve their best, it is important for them to attend school regularly. We do understand that there are times when they can't be here and I would like to say 'Thank you' to all those parents who strive for regular attendance, and notify us when their children are ill, or if there are other sound reasons that they are not able to attend school.

The importance of attending school every day

At school, many concepts (such as literacy and numeracy) are taught in a sequence. Missing school means missing out on learning – which can often make it difficult to catch up later. This is particularly important in the early years when essential foundation skills are being taught. Going to school every day also helps children learn the important life skill of 'showing up' – at school, at work, to sport and other commitments. Research from the Western Australian Telethon Kids Institute shows that every day at school counts towards a student's learning. Students who attend more, generally do better at school and in life.

Holidays during the school term

The *School Education Act 1999* does not allow principals to give permission for families to take holidays during the school term. As students are required to attend school every day, time off for holidays is recorded as an absence. We strongly encourage you to organise holidays during school holiday periods to make sure your child doesn't miss out on school. If you are considering taking a holiday during the school term, please contact the principal.

Faction Athletics Carnival - next Friday 25 August

This event is for all students PP-year 6 and will take place at Eneabba Primary School oval this year. All parents are invited to come along and support their children in the competition. Students have been practising for their events and Miss Johns also arranged for an athletics coach to visit the school for several sessions, so they are eager to do their best.

Please return your permission slips if you have not already done so. We need to know how many students require transport. Eneabba P&C have just notified us that they will be providing lunches - if you are ordering, please send this in ASAP.



Interschool Athletics - Friday 8 September

Selected students will be invited to compete at the interschool athletics carnival in Mingenew on Friday 8 September. You will be notified if your child has been selected. Parents are asked to provide or organise transport for their own children to this event. A number of parents will also be needed to act as volunteers on the day. It is a great opportunity for the children to practice their athletic skills in a more competitive environment, as well as practising social skills like meeting new people, being a good winner or good loser, resilience and supporting each other.

Bookweek Dress-Up and Father's-and-special-people's Day - Monday 4 September

This year, we will again have our bookweek dress-up day and Father's Day celebration on the same day - Monday 4 September, with the parade at 8.45. Children will be encouraged to take off their costumes afterwards as our Father's/Special People's Day event will be very active! We will be holding 'Tour de Coorow avec Familles' (our own version of Tour de France with fun for the whole family). More details will follow in a day or so.

Home reading

Some of the children are about to complete 200 nights of home reading! What an amazing achievement - it's only half-way through third term, so they might even manage 300 nights by the end of the year! I wish I could actually count the number of words they have read! Don't forget there will be a special reward for everyone who reaches the 200-night goal.

We encourage home reading because it makes a big difference to students' reading and comprehension skills, and it increases the chances that they will find "THE BOOK" - the one that gets them hooked on reading for life.

All keen readers have their own "BOOK". Mine was *A Lamb in the Family* by Joan Phipson (I was 7 and I borrowed it from the North Beach Primary School library.) You're your child find their "BOOK" with some great suggestions here: <https://www.booktrust.org.uk/news-and-features/features/2019/january/hookedonbooks-31-great-books-that-could-help-get-your-child-reading/>

And remember to keep reading in the 2023 Premier's Reading Challenge. This challenge ends on the 8th September. There are some great prizes including experience vouchers, electronic devices and even a grand prize of a family holiday! Prizes are awarded both at random and to the reader who reads the most books over the time.



Eneabba Cross Country

On Friday, 28 July, 6 children from Coorow competed in the Eneabba Cross Country. This great event has been running for 35 years, and this year there were 258 competitors from 16 schools!

All of our students did their very best and showed great sportsmanship. We were thrilled to hear that 4 of them were placed in the top 10 in their division - special congratulations Heidi (7th), Rory (6th), Michael (3rd), and Romy who came first! to Thank you to Mrs Morcombe who accompanied our students for the day.



Swimming Lessons

I can't believe we are thinking about swimming lessons while it is still so cold! The Education Department has confirmed that school swimming lessons will take place from Monday 4 December until Wednesday 13 December. (School finishes on Thursday 14 December).

VacSwim Swimming Lessons

Enrolments are now open for VacSwim swimming lessons during the October and summer school holidays. VacSwim offers fun lessons at beach or pool locations across WA, so your children can still receive swimming lessons if you are away on holiday. It's a great activity that teaches valuable safety skills to help keep your child safe in the water. Your children can start as young as 5 years old. Places are limited, so get in early. Enrol now at education.wa.edu.au/vacswim Further information can be found on page 5.

Wellbeing and Engagement Census

Each year, we use the Wellbeing and Engagement Census to gather information about our senior students' social and emotional wellbeing; school relationships and engagement and learning in school; and physical health and wellbeing and after school activities. The survey provides students with a voice to tell us how they are feeling and what they need. The Year 4-6 students completed the survey today and results will be back to us early next term, in time to help us direct our planning for next year.

PEAC testing

PEAC testing has been completed for our year 4 students. Results are expected in October and if students have been selected for PEAC, parents will be advised.

Bushfire Plan

We are currently preparing our bushfire plan for the approaching fire season. A copy of the plan will be sent to you, and it will also be posted on Audiri, by the end of the month. The key points are:

In case of catastrophic fire danger, our school will be closed. You will be notified about this the day before.

If there is a bushfire while children are at school, please DO NOT come to pick them up until you have been notified that it is safe for you to do so.

I will be taking instructions from DFES who will know whether it is safest to remain at school, use our fireproof invacuation room, evacuate to Maley Park, or evacuate to another town. The teachers and I will remain with the students at all times, and I will keep you informed about what is happening.

We practice both evacuation and invacuation drills throughout the year so that teachers and students know how to respond in case of emergency.

“Say no to violence” campaign

Violence in homes, schools and communities is a complex issue and we all want it to stop.

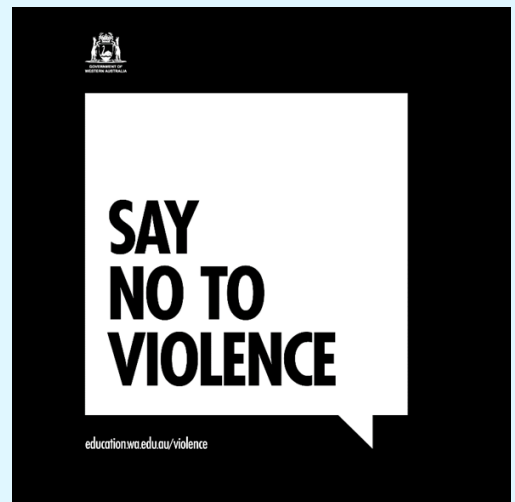
Finding solutions to violent behaviour is challenging, so a collective effort is needed to address this issue.

You can make a difference by talking with your kids. As a parent or carer, you play an important role in your children’s lives. They look to you for guidance, approval and support. Your words and actions have a huge influence on your children’s attitudes and behaviour.

You can use your influence to talk about the impacts and consequences of violence and discuss alternative ways to deal with conflict.

Our schools should be safe, nurturing environments where children can learn and grow. School staff work with their communities to foster and maintain a culture of positive behaviour, respect and unity, and address any incidents of violence.

See <https://www.education.wa.edu.au/violence> for more ideas about how to say no to violence.



Thank you Miss Herbert, for organising the excursion to Mingenew Expo with our year 5 & 6 students and to Hannah, Emma and Jess who were parent volunteers.





Honour Certificates

James for being brave in the classroom by asking for help when needed and persisting with difficult tasks.

Thomas for being a learner in the classroom by actively participating in all activities and always trying your best. Keep it up!

Michael for being a learner. Taking pride in his work, engaging in tasks to extend his knowledge and skills, and allowing time and opportunity for others to grow as learners as well.

Albert for being a determined learner. Demonstrating dedication to continual improvement, especially with problem solving in the area of mathematics. A learner mindset will take you far!

Emily for her great listening skills when learning about 3D shapes. Keep working hard Emily!

Thomas for demonstrating a high level of engagement and curiosity in science. We were thrilled that you took inspiration from our school frog bog and created one at home to support our frog population. Thank you for your dedication.

Ava for her unflappable approach towards running the Tour De Coorow event. Ava was a timekeeper, data collection manager, horn-blower, presentation speaker and chocolate announcer. It was a huge effort. Well done Ava!

Year 5/6 HASS Class - To be publicly commended for their behaviour and engagement with both exhibitors and visitors alike at the Mingenew Expo. You are great ambassadors for our school and our town. Bravo!

Hannah and Michael Smyth - Thank you for creating the well crafted obstacle course! It has made our playground even more stimulating and fun for the community to enjoy.

Enrolment packs are available from Coorow Primary School.

Please phone the office on 99522800 or email us at coorow.ps@education.wa.edu.au for further information.

If your child is commencing school in 2024 please send their completed enrolment form as soon as possible.



Department of
Education

Shaping the future

School enrolments are now open for 2024

If your child is starting **Kindergarten, Pre-primary, Year 7** or **changing schools** you will need to apply to enrol by **21 July 2023**.

Find out more:
education.wa.edu.au/enrol



Welcome to Coorow Primary School 3Ups program for 2023. If you would like your child to attend 3Ups can you please complete the enrolment form available from the office, or alternatively contact us and we will email one to you.

2023 3-Ups

This year we are going to be learning exploring the works of author, Eric Carle. Please join us from 10.40am-12.40 pm every second Wednesday of term. You will need to bring a hat, drink bottle and snack. Please also pack a spare set of clothes for your child in case they get wet or messy.



26 July

9 August

23 August

6 September

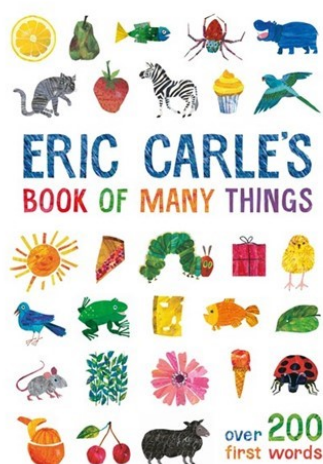
20 September

18 October

1 November

15 November

29 November



Session Timetable

10.40	Arrive
10.40-11.10	Outside play and snack
11.10-12.10	Story, songs, fine motor activities, animal related activities
12.10-12.40	Outside play
12.40	Pick-up

KP Room



The Morning Toast



Warm up with Chicken and Corn Soup

Warm yourself up this winter with our soothing Chicken and Corn Soup. This hearty soup is packed with vegetables and protein - don't forget that leftovers can always be frozen for later.

Store it in a vacuum flask for a warm and filling lunchtime treat.



Shaping the future

VacSwim

Enrolments now open!
Places are limited, so get in early.

Help keep your child safe in the water.
Enrol now for the school holidays.



education.wa.edu.au/vacswim

VacSwim

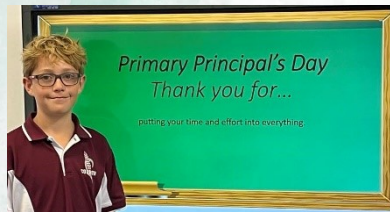
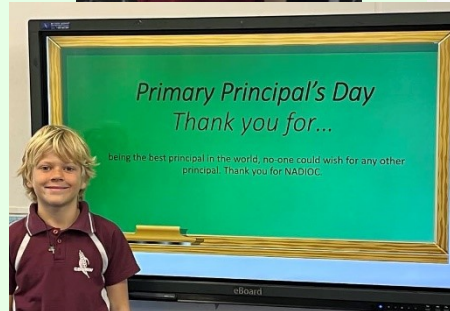
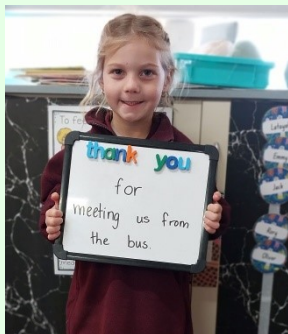
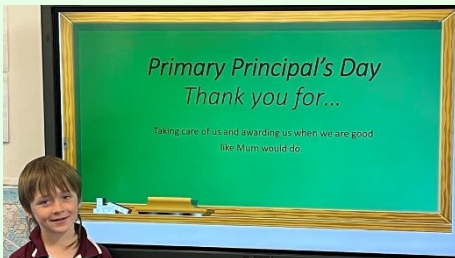
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Places are limited, so get in early.

Check the website for locations.
education.wa.edu.au/vacswim



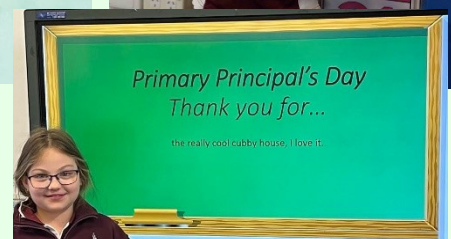
Program	Dates	Enrolments close	Price
October 8 day program	Wednesday 27 Sep to Friday 6 Oct 2023	Thursday 17 Aug 2023	Child \$32* Family \$85.50*
October 5 day program	Monday 2 Oct to Friday 6 Oct 2023	Thursday 17 Aug 2023	Child \$16.50* Family \$43.50*
Country early start 7 day program	Saturday 16 Dec to Friday 22 Dec 2023 (incl. Sat 16 and Sun 17 Dec 2023)	Thursday 12 Oct 2023	Child \$32* Family \$85.50*
January 8 day program	Wednesday 3 Jan to Friday 12 Jan 2024	Thursday 26 Oct 2023	Child \$32* Family \$85.50*
January 5 day program	Monday 8 Jan to Friday 12 Jan 2024	Thursday 26 Oct 2023	Child \$16.50* Family \$43.50*
January 9 day program	Monday 15 Jan to Thursday 25 Jan 2024	Thursday 26 Oct 2023	Child \$32* Family \$85.50*

*Concessions available. Does not include pool entry. Information on the website is available in languages other than English. If you require an Interpreter or need assistance in completing enrolment forms, please telephone VacSwim 9402 6412.



**THANK YOU
MS WHYTE**

**FROM ALL THE STAFF
AND STUDENTS AT
COOROW PRIMARY SCHOOL
2023**



112TH MOORA SHOW
FAMILY DAY!

Sat 16 SEP, 2023 | 10:00am-Late

FUN! FREE ENTERTAINMENT

HARVEST ROAD DISCOVERY TRAIL

HANDMADE & LOCAL STALLS

COMMUNITY EXHIBITIONS

FOOD STALLS

BAR & DJ

Megan 0428 657 200 | www.moorashow.com.au | @moora_show | #moorashow

Beverley District High School
Independent Public School
20 John Street Beverley
08 96462500
e:beverley.dhs@education.wa.edu.au
w:https://beverleydhs.wa.edu.au

150 years of Public Education

You are invited to join us in celebrating 150 years of service to the community of Beverley.

Friday 15th September 2023

Register your interest
Follow for updates
Beverley District High School
150 years of Public Education

Successful Supportive Sustainable

B DHS sits on the land of our Noongar people and we acknowledge them as the traditional custodians of the Ballardong region.

turquoise coast

6TH WILDFLOWER
Turquoise Coast
FESTIVAL OF RUNNING & WALKING

Saturday 11 November 2023
Pinnacles Desert Run
10km : 5km : 3km
at Nambung National Park

Sunday 12 November 2023
Turquoise Way Coastal Path
21.1km : 10km : 5km : 2.5km
at Jurien Bay

A Scenic and Challenging Weekend of Running / Walking in two of Australia's iconic areas – The Pinnacles at Nambung National Park and the pristine coastline of the Turquoise Way Coastal Path at Jurien Bay

Open to individuals of all ages and Families
FOR: Event priority discount entry form email allbarnone@bigpond.com or phone 04 111 33 954

SUPPORTING THE LOCAL COMMUNITIES OF JURIEN BAY AND CERVANTES
ALL EVENTS ENTER ONLINE AT: www.allbarnone.com
Email allbarnone@bigpond.com for a Team / Group / Family Discount Entry

WHAT IS COERCIVE CONTROL

Coercive control is an abusive behaviour used to cause fear and/or control of a person or situation and can often go undetected in a relationship.

For assistance or support for yourself or your family please contact

DESERT BLUE CONNECT

Desert Blue Connect
25 Chapman Road
Geraldton
99642742

Desert Blue Connect
Men's Community Intervention Service
98A Chapman Road Geraldton
99379188
0499348006

Desert Blue Connect
Rural Service
0419348006

"Some people may not recognise they are in an abusive relationship because there may be no physical violence"

STOP DOMESTIC VIOLENCE

Desert Blue Connect

Department of Education
GOVERNMENT OF WESTERN AUSTRALIA

Premier's Reading Challenge

Reading can take you
anywhere

The Premier's Reading Challenge is a four-month voyage through the enchanting world of books. Fly above the clouds, dive into the depths of the ocean and uncover great mysteries as you explore thousands of amazing stories.

Register at premierreadingchallenge.wa.edu.au to start your magical journey.

CATHOLIC EDUCATION
WESTERN AUSTRALIA

AISWA
Association of Independent Schools
of Western Australia

Welcome to the challenge! We encourage you to join us in unlocking the wonderful world of reading for your students.

The challenge is for students from Kindergarten to Year 10 to read 12 books or more during the challenge.

Students can win some fantastic prizes.

Now, more than ever, books can help transport, transform and inspire students to explore thousands of amazing stories.

Students can register online, or have a parent or carer register for them. Once registered, students can search over 7,000 books from the online booklist to plan and log books they read during the challenge. There is something for every student. From historical novels to graphic novels, comics to newspapers, song lyrics to poems, all of these count towards their Reading Challenge totals.

If you are a returning champion, you just need to sign in.

Central Midlands Senior High School Transition Program 2023

Year 6 students who are considering attending Central Midlands Senior High School (Moora) in 2024 are invited to take part in the Transition Program during second semester.

This consists of an Orientation Day on Monday, August 21 and Transition Days on Thursday and Friday, November 9 – 10.

The Orientation Day allows students to become familiar with the school layout, their future peers and teachers, while participating in fun activities. Parents are able to have a tour of the school on this day and the Moora Residential College will conduct a tour beforehand, as well. The Transition Days provide the opportunity for students to have a taste of secondary school life by following a timetable and experiencing some of the subjects they will undertake in Year 7. Boarders at Moora Residential College will be able to stay overnight, on November 8 and 9, as well.

If you have any queries about the program, please contact the school on the phone number listed above or email

Wilhelmina.Johnston@education.wa.edu.au

Kind regards,

Wilhelmina Johnston

Transition Coordinator

Active 
AUGUST

Mentally Healthy Schools [Primary]

Benefits of being Physically active



Regular physical activity is a known protective behaviour for preventing mental health issues, and is beneficial to mental health and wellbeing.

Evidence suggests young people who are more physically active are more likely to report higher levels of wellbeing and life satisfaction, and are less likely to be diagnosed with a mental health condition. Although the evidence is still emerging, it seems exercise may also reduce the incidence of mental health conditions such as depression.

Regular physical activity may also improve cognitive development, social skills and can have positive impacts on academic achievement.

Australia's physical activity guidelines

The national physical activity guidelines recommend children and young people aged between 5 and 17 years should do at least 60 minutes of moderate to vigorous physical activity per day. Activities that strengthen the muscle and bones should be incorporated into the recommended 60 minutes at least three days per week.

Participation rates of school aged children

Data suggests less than half of Western Australian school-aged children (aged 5-15 years) are being

active every day with data from 2018 suggesting only 40.1% met the recommended physical activity levels. In addition, 65% of 5-8-year-olds, 78% aged 9-11 years and 72% aged 12-14 years participated in organised sport outside of school only once per week.

