



TABLE OF CONTENTS

- **Week 5, Term 3 Issue No 13 - 19 August 2016**
- **Message from the Principal**
- **2016 Canberra Tour**
- **Other Newsletter Items**
- **JB3 and JB4 Assembly**
- **Aussie of the Month**
- **Busy Bee- Sunday, 28 August**
- **Book Week- Monday, 22 August- Friday, 26 August**
- **Perth City Ballet visit**
- **JB Mini Olympics**
- **School Chess Championship 2016**
- **Canberra Tour Report**
- **Cake Stall**
- **The Impact of Parenting on Child Disruptive Behaviours**
- **P&C News**
- **Canteen Roster**
- **School Banking Update**
- **Fundraising Committee Meeting... Come one, come all!**

Week 5, Term 3 Issue No 13 - 19 August 2016

Message from the Principal

2016 Canberra Tour

The Canberra Tour group arrived back at Perth Airport a little weary eyed but full of wonderful stories about their adventures around our nation's capital. There were a few coughs and sniffles on tour, but they all soldiered on throughout the week. Thanks to Mrs Eftos, Mrs Seedy-Dittrich, Mr Turner and Mr Sollis who gave of their time to enable the tour to occur. I would like to especially thank Mrs Alver for her efforts in planning and coordinating the 2016 tour over the last 18 months. A tour report appears later in this issue

Other Newsletter Items

JB3 and JB4 Assembly

- **Faction Carnival Refreshments**
- **Treasure Market**

COMING EVENTS

Book Week- Monday,
22 August- Friday,
26 August
M1 Assembly- Friday,
26 August
Busy Bee- Sunday,
28 August
Faction Carnival- Jumps,
Throws and Long
Distance- Monday,
29 August
Faction Carnival- Flat
Races and Team Games-
Friday, 2 September
M2 Assembly- Friday,
9 September

Quote of the Fortnight

There are few who accept compliments well, and too many who accept flattery with ease. A compliment is an enjoyable expression of honest praise with no ulterior motive. Flattery is an exaggeration intended to delude the receiver into liking the giver.

P&C CONTACTS:

Main email:

pac@mpps.wa.edu.au

Canteen email:

canteen@mpps.wa.edu.au

Canteen orders:

Our Online Canteen

Messages for the Canteen or the P&C can be placed in class canteen baskets.

SCHOOL ETHOS

We at Maylands Peninsula Primary School are committed to:

Encouraging students to be successful learners.

The principles of developmental learning.

Life-long learning and reflective practices.

Developing attitudes and values of care and concern for self, others



Well done to all the wonderful students in JB3 and JB4 for your amazing assembly item last week. The dramatic staging of all the various aspects of 'GoNoodle' was well received by the large numbers of parents and other family members in the audience. Kyan and Aditi did a wonderful impression of Rick Ardon and Susannah Carr as well.

It will be over to Middle Block for our next assembly on Friday, 26 August with Mrs Ferguson's M1 class performing a Book Week themed item. Come and join in the fun.

Aussie of the Month



Ashwath Arunkumar - JA1

Always displaying a positive attitude and being friendly, thoughtful and respectful towards his peers.

Sakura Humphrey - JB4

and the environment.
Maintaining a safe
environment for all.
Building partnerships with
students, parents and the
community.

SPONSORS



Harcourts Integrity
Peter Tzotzis
Ph: 9473 4888



Finance 4 You
Sonia Roll
Senior Mortgage Broker
0404 917 691



Richard and Sandy Catlin
boschtimber.com.au
Ph: 9309 2991

Sakura is nice to everyone, responsible and always offers to help out.
Nominated by her peers.

Georgia Williams - M3

Georgia is a well respected and liked student. She relates to her peers
in a kind and considerate manner. Georgia always has a word of
encouragement for others. Congratulations Georgia.

Grace Wilson-Clark - S5

Grace was nominated by her peers for being a hard-working student
who is kind, caring, responsible and a great help to others.

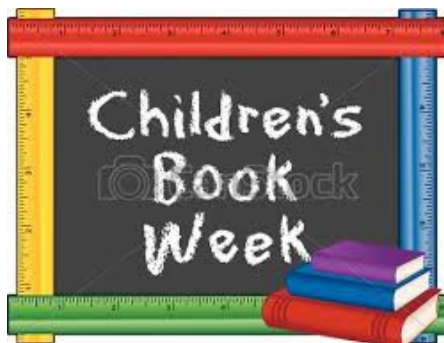
Busy Bee- Sunday, 28 August

It's all systems go for the
school Busy Bee planned for
next Sunday morning. Last
week, you would have
received information about the
plans for the day. Thanks to
those families that have
already responded to the 'Call
to arms'. The work planned
for the day is very ambitious,
so we are hoping that we
have a large number of
families turn up on the day to
lend a hand.



If you can help out with the projects planned for the day by bringing in
tools such as wheelbarrows, spades, shovels and power tools of all
shapes and sizes, it will be greatly appreciated.

Book Week- Monday, 22 August- Friday, 26 August



From Monday, 22 August-
Friday, 26 August, we will be
celebrating Book Week. This
year's theme is Australia!
Story Country. During Book
Week, teachers have a
number of activities planned
to encourage reading and to
celebrate authors who have
been short listed for the 2016
Children's Book Awards which

will be on display in the library. Information about these events and
activities will be communicated to parents/caregivers at the classroom
level. Feel free to come into the library and see what are considered to
be some of the best Australian books for children published in the last
12 months.

Debbie Fielding and Janie Rollinson
Library Officers

Perth City Ballet visit

The Perth City Ballet came to visit on Monday to perform for our students from Pre-primary- Year 6. The visit was part of the Act-Belong-Commit campaign sponsored by Healthway. Act-Belong-Commit is a mental health promotion campaign that encourages individuals to take action to protect and promote their own mental wellbeing. The students enjoyed the experience immensely.



JB Mini Olympics

On Monday morning, the students in JB Block participated in the MPPS JB Block mini-Olympics. Like all Olympics, the day commenced with a parade of nations around the oval followed by the torch relay and lighting of the cauldron before the games commenced. Thanks to all those members of staff and to the many parents/caregivers who lent a hand on the day.



School Chess Championship 2016

Parents/caregivers may be aware that Chess Club is conducted in the school library during the lunch-break each Monday. This year we plan to conduct the first Maylands Peninsula Primary School Chess Championship. The winner will become the school Chess Champion for 2016. The competition will be a knockout format and will be open to all Year 3-6 students who can play chess.

The Championship commences on Monday, 29 August and will be played mostly on Monday lunch breaks during Chess Club in the library. Entry is free. Players need to know the basic rules and moves of chess. Games will be 'Touch-Move' and follow FIDE rules. Winners will be presented with engraved medallions at a school assembly.

Entry forms can be obtained from the school office or from Chess Club on Mondays. Completed entry forms need to be handed to Mr Richards or Mrs Hansen by Monday, 22 August 2016.

Mr Michael Richards
Chess Coordinator

Canberra Tour Report

Last week, sixty Year 5 and 6 students, along with Mrs Alver, Mr Sollis, Mrs Eftos, Mr Turner and Mrs Seedy-Dittrich, spent 6 amazing days in the ACT and NSW.

We had all been looking forward to this trip since last year when the preparations began. At the airport on Sunday there were lots of happy and excited kids and a few nervous parents. The flight over was quicker than expected and we arrived in Canberra 45 minutes ahead of schedule. We met our coach driver, Luke, and then headed to the Australian Institute of Sport (AIS), our home for the next 6 days.

On Monday, Tuesday, Thursday and Friday Luke drove us to many, many interesting and educational places in Canberra. We started each day with an amazing breakfast at the AIS. There was so much different food to choose from such as lots of different cereals, breads, muffins, pancakes, waffles, fruit and hot food like omelettes and sausages. And of course, the delicious hot chocolate.

Some of the places we visited, like the National Portrait Gallery and the National Dinosaur Museum, had great guides that knew lots of interesting things. At the Old and New Parliament House some students got to role play and pretend to be politicians. At the AIS we got to test our speed against Olympians, and at the Australian War Memorial we were able to experience what being in a trench and submarine was like. The Royal Australian Mint and Questacon had amazing gift shops where lots of us bought presents for our families. All of the other places we visited were great, such as the National Museum, National Gallery, CSIRO, National Zoo and Aquarium etc., and we learnt something at all of them.

Wednesday was SNOW DAY! It took three hours to drive to the Snowy Mountains but it was worth it. When we started to see snow by the side of the road everyone started cheering. At Mount Selwyn we got our snow gear – snow boots, parka and pants and hit the snow. We tobogganed and had snow tube rides. The best fun of all was the massive snow ball fight with Mr Sollis and Mr Turner. It was kids versus them. Just about everyone slept in the coach on the way back to the AIS.

The AIS dinners and desserts were really nice too. Every time we went in the dining room we had to sanitise our hands so we wouldn't spread any germs to the athletes. We saw some really tall netball players from England and NZ and also some Australian volleyball men

in the dining room. Each night we did an activity. On Monday we went ten pin bowling. On Tuesday we played sports at the AIS. Wednesday night was movie night and on Thursday we went indoor rock climbing.

It was freezing cold in the snow and in the mornings and at night time. The lowest minimum was -3 degrees. Some kids slept in their tour jackets to keep warm. Every day was sunny.

Thank you to our parents for sending us and to the teachers for looking after us. They did a great job even though they all got colds. Thank you to Mr Tennant, Greta's grandad, for giving us our tour jackets and to Mrs Alver for organising everything.

PS: Sorry you missed out Mr Andrijich.

IT WAS THE BEST TIME EVER!



Jay got to dress as the Serjeant – at – Arms and usher in the Speaker (Alannah) to the House of Representatives at Parliament House.



Marcus and Kate laid a wreath on behalf of the school at the Australian War Memorial during the Last Post ceremony.



Dante and Odin experienced a helicopter flight simulation at the Australian War Memorial.



At the National Portrait Gallery groups enjoyed some sketching inspired by the talents of Australian artists.



Snow bombs away!



The group at Mt Ainslie Lookout.



Crazy hair on top of Telstra Tower, Black Mountain.



Snow fun.



At the Australian Zoo and Aquarium.

Cake Stall

S2 are holding a cake stall next Friday, 26 August at 3pm. Bring along your spare change to purchase some delicious afternoon tea after school in the undercover area.

The Impact of Parenting on Child Disruptive Behaviours

In real life, children are exposed to multiple aspects of parenting at the same time and there is still much to learn about the relative contribution of these factors to children's behavioural functioning.

A US study examined the impact of different parenting characteristics on child disruptive behaviour and emotional regulation among a sample of at-risk children. The sample consisted of 373 Australian 5 to 9 year-old children who were screened for serious behaviour problems. Seven parenting variables based on self-report were evaluated, involving parenting practices, emotion beliefs and behaviours, emotion expressiveness, and mental health.

Key findings:

- Emotional competence is essential for adaptive behavioural functioning.
- Children learn about emotion through parent emotion-related behaviour, the nature of which is largely determined by parental beliefs regarding their own and their children's emotions.
- Inconsistent discipline, negative parental emotional expressiveness, and parent mental health demonstrated the strongest relationship to disruptive behaviour problems and problems with emotion regulation in children.
- Parents who regard their child as having behaviour problems may tend to apply discipline inconsistently as they attempt to navigate different ways of managing their child's behaviour.
- A child can impact parenting as well as a parent impact child functioning. Impulsive and disruptive child behaviour may elicit parenting responses that are negative and dismissing.
- Emotion regulation in children was found to indirectly affect a number of parenting characteristics.
- A parent's depressed mood may reduce their motivation to implement changes in their parenting approach. This may impede the growth of emotion regulation skills in children, which may, in turn, exacerbate problem behaviour.

Things you can do:

- Constantly review your parenting style, as certain strategies may only work for certain ages.
- If depression or other mental health problems are an issue, seek both help and support with your parenting.
- Define the specific behaviours in your child that you want to either encourage or discourage. Target the areas where you think your child is underdeveloped and put time into helping them to recognise and change their behaviour.
- Ensure expectations are clear. Kids need to know when they've let you down or not done as agreed.
- Establish effective, appropriate consequences for behaviour. Praise kids for specific examples of good behaviour, rather than general, constant praise.
- Encourage independence rather than dependence. Give kids practise at making decisions and choices.
- Talk, read and role play emotions, social responsibility and appropriate behaviour, and how learning skills in negotiation and compromise can build confidence.
- Recognise when good behaviour earns a reward. Rewards are motivators (as opposed to bribes) and help to give kids feelings of confidence and control. Appropriate rewards can be one-on-one time with a parent (film, outing) or some extra screen time on their own.
- Using time out works best if it immediately follows disruptive behaviour. As soon as your child is calm again, time out can be over.

Source: Duncome, et al., The Contribution of Parenting Practices and Parent Emotion Factors in Children at Risk for Disruptive Behavior Disorders, Child Psychiatry Hum Dev (2012) 43:715–733

Canteen Roster

	Mon	Tue	Wed	Thurs	Fri
	22 August	23 August	24 August	25 August	26 August
Week 6	Help Needed	Help Needed	Help Needed	Help Needed	Gary
	29 August	30 August	31 August	1 Sept	2 Sept
Week 7	Help Needed	Help Needed	Help Needed	Help Needed	Hot Dog Day

Thank you to everyone that volunteered last fortnight. We really appreciate your assistance. We are able to have two volunteers each day, if you would like to come in and help. Volunteering in the canteen is a great way to help out at school, and your kids will love to see you at recess and lunch.

Wearing closed in shoes is a must for health and safety regulations. Please let the canteen or P&C know if you can help. Phone 9473 4111.

Hot Dog Day

The canteen will have a special menu on Friday, 2 September in conjunction with the school athletics carnival. The normal canteen menu will not be able on this day. Notices were sent home with each child last week. You can also order through www.ouronlinecanteen.com.au. Orders need to be returned next week, by Thursday, 25 August.

School Banking Update

Hello from School Banking! For those of you new to the school, school banking happens each Tuesday from 8.15am-8.30am in the school library. School Banking is a program provided by the Commonwealth Bank which is run by volunteer parents. It is a wonderful opportunity for children to learn financial literacy (saving). Each deposit made earns you a token which can then be traded for rewards.

The school gets a small commission on money deposited which gets added into the money fundraised by the P&C. Last year this program raised over \$1000.00.

We are in need of parent helpers to run this program as current parent helpers have children that will be leaving the school next year. It doesn't take too much time, and is a great way to do your part in helping the school. If you think you can help out please email banking@mpps.wa.edu.au and we will get in touch!

Cheers,

The School Banking Team!

Fundraising Committee Meeting...Come one, come all!

Our next fundraising meeting will be held in the Staff Room on Tuesday, 23 August at 6.30pm.

If you have any great ideas to help us raise money to support the MPPS staff and students, do not feel shy. We run very low-key meetings and have a lot of fun volunteering at school events. You are most welcome to join us!

P&C

Faction Carnival Refreshments

When you are not cheering madly for your faction members on Friday, 2 September, feel free to drop by and support our annual Carnival Cake Stall.



There will be a range of edible treats on offer from 9am, as well as cold drinks. We will also be running a Father's Day Raffle (\$1 tickets), and there will be hot drinks available throughout the day from the coffee van. Enjoy!

P&C

Treasure Market

Uniting Church in Australia is holding a Treasure Market on Saturday, 20 August from 9.00am to 12.00pm at 165 Railway Avenue, Mount Lawley.

Treasure of all sorts for kids, grown-up and collectors. Devonshire teas available.

NEWSLETTER ITEMS

To include items in the school newsletter contact Gayle Tippett by email Gayle.Tippett@education.wa.edu.au

You are receiving this newsletter from Maylands Peninsula Primary School because you are a member of our school community.

[Edit your subscription](#) | [Unsubscribe](#)

60 Kelvin Rd
Maylands WA 6051

Ph: 9473 4100

Fax: 9473 4150

MaylandsPeninsula.PS@education.wa.edu.au

<http://www.mpps.wa.edu.au>