

flourish

Malvern Springs Primary School

Independent Public School

Principal: Jenny Kuhn

Deputy Principals: Penny Reynolds, Luke Birnie,

Lisa Salleo,

Manager Corporate Services: Cheryl Toland

Issue 2—19 February 2021



Malvern Springs
PRIMARY SCHOOL

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FROM THE PRINCIPAL

Dear Parents/Carers,

Inside This Issue

- From the Principal
- Containers for Change Update
- Mental Health and Wellbeing
- Community Notices

Student On-Line Permission Forms: URGENT

Thank you to the 70% of parents who have completed the online form giving permission for their children to use the internet at school. We are unable to offer the full learning program until all parents have responded. Can you make completing the on-line form a priority if you have not already done so please? You will find the QR code and web address below so you can access the on-line form. There needs to be a permission form completed for each child.

Dates to Remember

Monday 1 March
**Labour Day Long
Weekend**

**Students DO NOT attend
school**

Friday 26 March
School Development Day
**Students DO NOT attend
school**



<https://forms.office.com/Pages/ResponsePage.aspx?id=-RaA4P3Ru0yDsLdutDYWJ6F9lvXn0m1KnK3g2eZPB-tUQVVVM1hDTUtMWkxXOVZOVkZXWFlwSkNPSSQIQCN0PWcu>



FREE Parent Workshops: Provide information to parents about how to help their child with literacy. Parents are given a resource kit to the value of about \$95!

- Tuesday 23 March 9:00am to 12:00 noon
- Tuesday 30 March 9:00am to 12:00 noon

Please contact the school on 62965422 or at malvernsprings.ps@education.wa.edu.au to register. This is an amazing, much sought after and engaging opportunity to help your child and to educate yourself. Please see flyer attached to this newsletter.

InBeTWEEN Program: Free to Parents



The wonderful Julie Cooper from CLAN Midland is running a five-week program for parents of Year 4 to Year 6 pre-teen girls. The program is free, begins on the Tuesday 23rd Feb until Tuesday 23rd March from 6:30pm to 8:30pm at school. Please contact Julie at 0451152781 or at julie.cooper@clanmidland.org. Please see flyer attached to this newsletter.

FROM THE PRINCIPAL (cont.) . . .

Arriving at School Before 8:30am

Could you please make sure your children arrive at school after 8:30am which is when classrooms open. Children must stay near their parents if they arrive at school before 8:30am, not run around or play on equipment.



Running Club: Friday Morning



Thanks to Mr Sullivan, Running Club will be conducted each Friday morning before school, beginning at 8:00am. Mr Sullivan is encouraging as many as possible, including parents, to participate.

Kind Regards,
Dr Jenny Kuhn
Principal

CONTAINERS FOR CHANGE UPDATE . . .

Welcome back to an exciting new year. Last year we began participating in the 'Containers for Change' program in partnership with Scouts WA. Students, staff and parents have all engaged in this program and we have collected a fantastic amount of containers.

2020 – Collection results

1464 aluminium cans
550 mixed glass containers
121 liquid paperboard containers (choc milk etc)
1079 assorted plastic containers
Total money raised in 2020 - \$321.40

2021 – Collection results to date...

988 aluminium cans
460 mixed glass containers
15 liquid paperboard containers (choc milk etc)
443 assorted plastic containers
Money raised in 2021 to date - \$190.60

Cash for Containers Recycling

Flavoured milk
less than 1L

- Carbonated
- Non-carbonated soft drink
all waterfalls 150ml to 3 Ltr.

Water

- Fruit and vegetable juice
- Non-carbonated energy drinks
- Flavoured water
150ml to 3Ltr.

- Beer,
- Cider
- Stouts
- Ale and spirit mixed drinks
In all glass containers.

Thank you everyone for your support with this program. Remember containers can be dropped off directly into our big blue bin which is located behind the canteen or to any collection depot in Perth. If you would like to donate the proceeds to Malvern Springs Primary School you just need to quote our Scheme ID number **C10324113**. Perhaps you might consider donating the funds to the Lord Mayors Distress relief fund for the Wooroloo and Hills bushfires instead? In which case you can quote **C10414519**. Either way our community, state and planet will benefit.

Anthony Collopy
Science Teacher

SWITCH OFF TO RECHARGE

Sleep : A time for restoration, digestion, assimilation of thoughts and tissue regeneration..... a full body reset.

Sleep is the biggest contributing factor to physical and mental health. So, what do you do when your family's sleep cycle is not working?



SLEEP HYGIENE

Below are some Sleep Hygiene strategies to try with your family over a couple of weeks to find out what works best. How many 'Morning Larks' or 'Night Owls' do you have in your family?

- **CONSISTENT WAKE TIMES** Try going to bed at the same time every night and wake up at the same time every morning.
- **SCAN FREE EVENINGS** Avoid Blue light/Screen time as it can affect the natural sleep hormones such as Melatonin, tricking them into thinking it is daytime.
- **GOOD GUT HEALTH** Eat healthy. A number of vitamins and minerals are related to sleep quality and poor gut health can cause sleep disturbances.
- **FAMILY WIND-DOWN TIME** Switch the household from busy daytime life to 'rest and relaxation mode' to prepare everyone for sleep e.g., reduce bright light after 8pm and create bedtime rituals with stories or playful retells of the day.
- **EARLY MORNING SUNSHINE** Exposure will help regulate sleep/wake hormones.
- **SAY NO TO NERVOUS SYSTEM STIMULANTS** e.g., chocolate before bed.
- **CREATE A SLEEP FRIENDLY BEDROOM** Make sleep look inviting.
- **DITCH THE CLOCK** Clockwatching will only increase anxiety and make it harder to fall asleep.
- **MEDITATION / MINDFULNESS** Recount, draw or journal the positive things of the day to help improve sleep and reduce sleep disturbances.



Selene Van Der Steen

MSPS Mental Health & Wellbeing Coordinator

Reference :
Jessica De Feyter, PhD, Applied Developmental Psychologist, Certified Infant Sleep Educator, <https://www.littlesparklers.org>

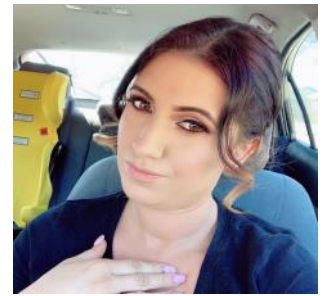
COMMUNITY NOTICES...



Hi Families,
OSHCLUB is back!

Welcome back to a new and exciting year full of adventures for our children at OshClub. I am the new Coordinator, and I am so excited to build our service into a family. Please feel free to pop into us and introduce yourself!

We can't wait to share all the new memories we will be creating this year!



Yours in education and care,
Nichole Datzberger
OSH Club Malvern Springs Coordinator

Community driven,
supported by



Ellenbrook Mile
We Walk Together

Presents

Twilight Fun Run

4km run 4.45pm

8.5km run 5pm

<https://www.wamc.org.au/event/the-vines-twilight-run-hosted-by-ellenbrook-mile/register?>

Sunday 14 March 2021

at the

Medals for all runners
Prizes galore
Bring friends



Relax at the Vines Resort
after.
Enjoy the day
Walk for Mental Health

Making a move on Mental Health



BE PART OF OUR TEAM

MALVERN SPRINGS NETBALL CLUB

CONTACT HAYLEY 0439 895 096

hayleystonehouse.msnc@gmail.com

SHARPEN YOUR SKILLS,
MAKE FRIENDS FOR
LIFE AND BELONG
TO A SPORT
YOU'LL LOVE!

Play
netball



MAWA Maths Expo

A free interactive event where families can come and play maths games or try out activities to support mathematics learning at home.

Sunday 14 March 2021

AM Session: 9.30am - 11.30am

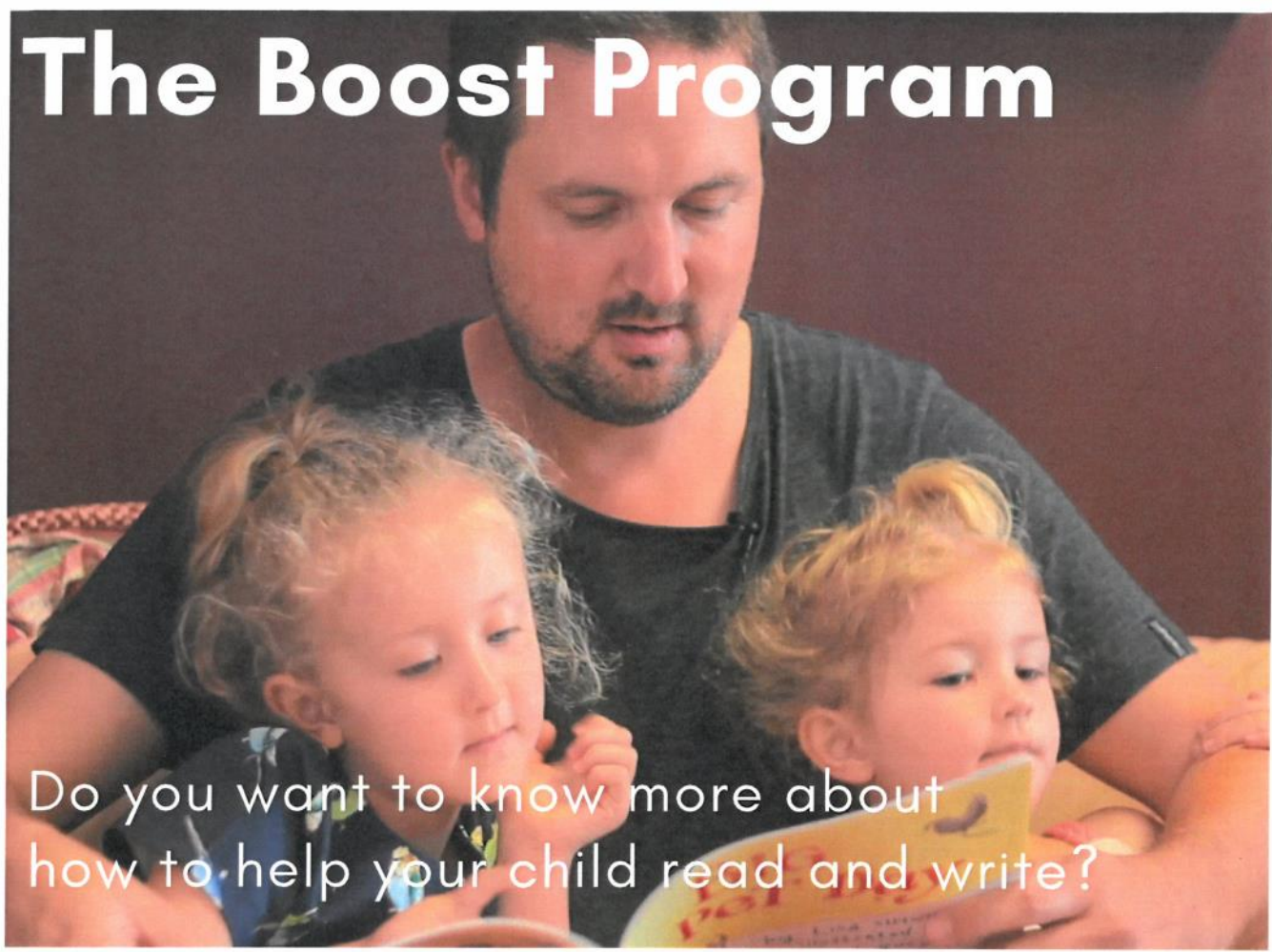
PM Session: 12.30pm - 2.30pm

Crown Convention Centre Perth

Astral 2 & 3

Register: https://docs.google.com/forms/d/e/1FAIpQLSeiXZQZpT4P8_lyrx7zUDnEFFgS7ufi5L8dxLU2kNTzhazTUQ/viewform

The Boost Program



Do you want to know more about how to help your child read and write?

Boost provides information to parents of children in Kindergarten to Year 1 about how literacy skills develop.

It looks at:

- the sounds in words
- putting sounds and letters together
- how to be a good reader and speller
- building vocabulary and reading comprehension skills

A **free two-part workshop** will be held at Malvern Springs Primary School on **Tuesday 23rd March and Tuesday 30th March 2021 from 9.00am to 12.00pm**. It is important that parents attend both sessions. Morning tea will be provided.

All parents participating in the sessions will receive a 'Literacy Pack' containing an information booklet, DVD, games, reading captions and other resources (over \$95 in value!) to support what is covered in the workshop.



The Boost program is an initiative of DSF Literacy Services and is generously funded by the Fogarty Foundation



To register or for more information please see the front office

InBeTWEEN Program



CLAN Midland
COMMUNITY LINK & NETWORK

A FREE five session program for parents of girls aged 9 - 13 years old.

Would you like to learn more about :

- communicating with your pre/teens
- understanding their emotions and development for their age
- understand the impact of social media and the internet
- challenges facing pre/teens today

InBeTWEENS supports you through the journey of raising your pre/teen daughter.

A great forum to share thoughts and ideas with other parents/carers in raising pre/teen girls.

Where: Malvern Springs Primary School
3 Chandala Turn, Ellenbrook

When: Tuesday the 23rd of February to Tuesday the
23rd of March 2021 (session 5 includes daughters)

Time: 6.30pm - 8.30pm

Contact: Julie 08 9250 6335 or 0451 152 781
Email: Julie.cooper@clanmidland.org
Attending all six sessions will enhance your program experience



Communities for Children is funded by the Department for Social Services



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