

Newsletter



**Mount
Lawley**
PRIMARY SCHOOL
Strive for Wisdom

Together | Learn • Respect • Inspire • Create • Celebrate

Edition 9, 7 June 2023

Dates for the Diary

Friday 9 June Junior Assembly (Yr 1 Rm 14)	Friday 9 June Faction Cross Country (Yr 3-6)	Wednesday 14 June – Friday 16 June Scholastic Book Fair
Thursday 15 June Board Meeting 5.30pm	Friday 16 June Pre Primary Excursion – Scitech	Friday 16 June Shelter WA Fundraiser - Free Dress Day
Friday 16 June Senior Assembly	Monday 19 June – Friday 30 June Swimming Lessons (Yr 1-6)	Saturday 24 June P&C Quiz Night

Dear Parents and Carers,

What a welcome to winter we have had! I hope you all enjoyed the extended long weekend, despite the wild weather. As our families enjoyed their Friday off, not having the school routine, staff participated in a School Development Day. We had a great day planned, with an agenda of Mental Health information, Meditation and Mantra Sound Therapy and Whole School Approach to Writing Instruction. Best laid plans do on occasion go awry and our guest speaker on Mental Health was unable to attend, at the last minute. A quick rearrangement of the day ensured we made the most of the extra time.

The highlight of my day was the Meditation and Mantra Sound Therapy. Providing staff with a safe and relaxing time we started by becoming aware of ourselves and our surroundings, breathwork to calm the mind, slowing down the breathing and heart rate. Voice and mantra were used to activate our main chakras, providing a safe and secure environment to relax and unwind. We experienced crystal singing bowls to produce sound and vibrations, Tibetan bowls and gongs, drums, a rain stick, and chimes.

What, you may be thinking has this got to do with the education of my child. It is about the power of mindfulness and gratitude. These practices have gained significant attention in recent years due to their profound impact on mental well-being and overall happiness. By cultivating mindfulness and gratitude in our daily lives, we can equip ourselves and our students with essential tools to navigate challenges and experience a greater sense of fulfillment, positively influencing our school community. By giving staff an experience of Mindfulness and its power, we hope to see the practice replicated in our classrooms, obviously using very different methods.

Mindfulness can benefit students by improving concentration and emotional well-being, including reducing stress. When children practice mindfulness, they become more attuned to their feelings, allowing them to regulate effectively, fostering a positive and inclusive classroom environment. Techniques such as deep breathing exercises and guided visualisations, enhance their learning experiences. Gratitude is the practice of acknowledging and appreciating the positive aspects of our lives, both big and small. In a world that often emphasises what we lack, cultivating gratitude redirects our focus towards the abundance that surrounds us. Teaching our students, the value of gratitude instils a positive mindset and a greater appreciation for life's simple joys.

Combining these practices of mindfulness and gratitude will help students develop a deeper sense of self-awareness, enabling them to respond to challenges with resilience and positivity. These are invaluable life skills that promote well-being and success.

We are very fortunate at MLPS. We have much to be grateful for. For example, a few of the activities we will be lucky enough to enjoy coming up in the next few weeks. On Friday we have the Year 3 – 6 Faction Cross Country starting at 12.45. Presentations, weather permitting, are set to begin at 2.30 at Hamer Park. Then next week, a highlight of the year, is our Book Fair. Keep an eye out in your class Friday Connect Notice for details of when the Book Fair will be open.

Please remember I am available should you need to discuss any school matters, either email me or telephone the front office to make an appointment.

Stay healthy,
Sandra Martin

Student Leader Term 2 Fundraiser

Hello,

On Friday 16 June the student leaders will be hosting the next fundraiser at Mount Lawley Primary. This term it will be to raise funds for Shelter WA.

Shelter WA's vision is that all people living in Western Australia have housing that enables them to thrive.

The latest statistics indicate there are 34,201 individuals on a WA waitlist and 9,261 on a priority waitlist. Please dig deep as we ask students to donate a gold coin in exchange for Free Dress to support this foundation. Shelter WA drives change by working with community to drive change and support those less fortunate than us. Every little bit helps.

Thank you,
Eliza, Harrison, Sophia & Cohen

Student Leaders



Premiers Reading Challenge



Congratulations to the 111 students who have registered and logged books in the Premiers Reading Challenge.

Last week Lorinda Bowman, Year 5 and Alexander Martin and Yuina Tan, Year 4 and Dwija Kamalesh, Year 2 won our Week 3 lucky dip. Week 4 winners are Lucy Singara, Pre-Primary, Jack Hennessy, Year 1, Margot Knight from Year 2, and Jeremy Wilkins from Year 5. Congratulations!

Each week a random number draw of students who have registered and logged books in the challenge will take place. Next week's prize will be gift vouchers to spend at our Book Fair. It's not too late to register and start logging all the amazing books you are reading.

For more details go to [Home - Premier's Reading Challenge \(premiersreadingchallenge.wa.edu.au\)](http://Home - Premier's Reading Challenge (premiersreadingchallenge.wa.edu.au))

Scholastic Book Club and Book Fair

Our annual Scholastic Book Fair will be held in the library next week (Week 8) from Tuesday afternoon to Friday afternoon. Opening times are as follows:

Pre-Primary families only

Tuesday 13 June 3.15pm – 4.15pm

Whole School

Wednesday 14 June 8.30am – 8.50am and 3.15pm - 4.30pm

Thursday 15 June 8.30am – 8.50am and 3.15pm - 4.15pm

Friday 16 June 8.30am – 8.50am and 3.15pm - 4.30pm

The Book Fair will have a fabulous selection of books from \$5, activity kits, posters from \$2 and stationery from \$1 will be available for purchase. Cash (no large notes please) and credit card facilities will be available.

Sales from the Book Fair earn rewards for the school that are redeemed to purchase resources for the whole school to enjoy.

Book Fair Volunteers

Every year the Book Fair would not be the success it is without the assistance of volunteers. Do you have a free morning or afternoon next week and are able to assist with the selling at the fair? Two volunteers are needed Wednesday, Thursday, and Friday 8.15am – 9am and Tuesday, Wednesday, Thursday and Friday 3 – 4.30pm. Please contact me via email nicola.brodie@education.wa.edu.au with the day, morning or afternoon you are available (no student helpers please), and a roster will be drawn up. Thank you.

Library Bags

A reminder that Mount Lawley Primary School has a no bag, no borrow policy when borrowing books from the school library. Please ensure students have a suitable library bag to safely transport all borrowed books to and from school. This is particularly important as the wet weather has arrived and school bags often get wet. Books that have been damaged while being transported to and from school without a library bag will be asked to be paid for so a replacement can be purchased. Strong sturdy library bags can be purchased from the uniform shop.

Green Warriors Club

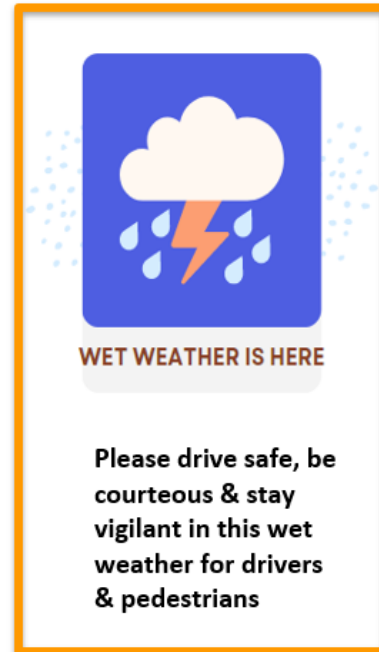
Do you have a love of nature and sustainability? Join our Green Warrior Club today!

Green Warriors will meet Mr Cameron and Miss Praizelin every Tuesday at lunch time and learn about all the different areas in being a sustainable and green school. They will assist with the day-to-day duties of composting, recycling, Containers for Change and worm farming. The club will start in Week 2, Term 3.

To apply please fill in the application form that you can find below the notice board in the front office and return it to the tray in front office (labelled **Green Warrior Applications**) by Friday Week 9, Term 2.

Traffic Management Group

Did you know...



Weather permitting...we can aim to make bicycle day every day at MLPS!

MLPS Board Meeting Summary

Summary of Meeting 3, Thursday 18 May

Acknowledgement of Country: completed by MG

No co-opted non-voting members, observers or presenters

Apologies from Chair and Community member

Minutes of previous meeting approved

Meeting Chaired by Principal

Chair report (electronically provided): Noted changes to structure of agenda and minutes to align with Business Plan. SZ and SM have been in contact with North Metropolitan Education Regional Office, who will send a representative to attend the Term 3, Week 4 meeting and discuss scenarios regarding leadership possibilities in 2024.

Finance Report: LM discussed funding has been confirmed and reviewed Student Centred model of funding. Discussion regarding level of surplus funding compared to like schools. SM and LM discussed reasons for surplus and that expenditure focused on meeting student needs. LM to raise student presentations, and parent representative, at Week 6 Finance Committee. Unanimous notation by present Board members of Funding Agreement.

Principal Report: SM discussed staff survey about possible professional learning topics and outcomes co-created with staff. Feedback given on recent staff professional learning on Aboriginal Reconciliation including Sorry day and truth telling. School review was due in Semester Two this year (independent director with peer principal visits school to review). This has been postponed to 2024. SM reported Department continues to remind school of requirement for staff to use Long Service Leave. SM will be on leave in Week 5-10 of Term 3.

SM reviewed draft Business Plan and Board discussed what worked and what could be improved. Current versions are a 4 page summary for the community and 8 page version for school use. Board unanimously suggested 8 page Business Plan be used uniformly and SM will discuss with staff.

MLPS Survey results: SM discussed summary of actions arising from 2022 School Survey results. SM will consider adding parent information sessions at school about programs run by MLPS and how these are implemented at MLPS.

Board and the community: Reviewed responding to community questions including summarising Board discussions/decisions and directing operational questions to staff. Discussed community questions about provision of OSC. Reviewed that OSC had been researched and was not viable due to space limitations that would impede on the school's ability to run programs e.g. undercover area would need to be available to provider before the end of the school day. Discussion was also held about process for Kindergarten enrolment.

Next meeting is Thursday 15 June at 5.30pm and all community members are warmly invited

MLPS Honour Certificates

Congratulations to the following Students who received an Honour Certificates at our Senior Assembly on May 26.

Huw R - Yr 6	Eilish L - Yr 6	Harlow K -Yr 6	Raymond M - Yr 6	Lincoln B – Year 5
Jackson F – Yr 5	Karnteera J – Yr 5	Herkus V – Yr 5	Lorinda B – Yr 5	Jacob H – Yr 5
Leon M – Yr 5	Sean Tong – Yr 4	Astrid M – Yr 4		



MLPS is a SunSmart School

10 myths about sun protection

MYTH 1 Sun damage is not possible on windy, cloudy or cool days.

FALSE You can get sun damage on windy, cloudy and cool days. Sun damage is caused by ultraviolet (UV) radiation, not temperature. A cool or overcast day in summer can have similar UV levels to a warm, sunny day. If it's windy and you get a red face, it's likely to be sunburn. There's no such thing as 'windburn'. Sun damage is also possible on cloudy days, as UV radiation can penetrate some clouds, and may even be more intense due to reflection off the clouds.

Check the daily sun protection times, available online (cancer.org.au or bom.gov.au/uv), in the weather section of newspapers, or on the free SunSmart app. The sun protection times show when the UV is forecast to be 3 or above.

MYTH 2 A fake tan darkens the skin, protecting the skin from the sun.

FALSE Fake tanning lotion does not improve your body's ability to protect itself from the sun, so you will still need sun protection. Some fake tans have an SPF rating but this should not be relied on for continued protection.

MYTH 3 Sunscreen is not necessary when using cosmetics with SPF.

FALSE Unless cosmetics are labelled with an SPF 30 or higher rating, you should wear additional sunscreen under your makeup if you're going to be in the sun for an extended period. For longer periods of time in the sun, use a separate sunscreen and **reapply it every two hours** – not just once in the morning. Be aware that most cosmetic products offer either no protection or protection that is much lower than the recommended SPF 30.

MYTH 4 People with olive skin are not at risk of skin cancer.

FALSE People with olive skin can get skin cancer too. Regardless of skin type, exposure to UV radiation from the sun and other artificial sources, such as solariums, can cause skin to be permanently damaged. People with skin types that are less likely to burn can still receive enough UV exposure to risk developing skin cancer. Care still needs to be taken in the sun.

MYTH 5 You can stay out longer in the sun when you are wearing SPF 50 than you can with SPF 30.

FALSE No sunscreen is a suit of armour and sunscreen should never be used to extend the amount of time you spend in the sun.

Though it may sound like there is a big difference, SPF 50 only offers marginally better protection from UVB radiation, which causes sunburn and adds to skin cancer risk. SPF 30 sunscreens filter about 96.7% of UV radiation, SPF 50 sunscreens filter 98% of UV. Cancer Council recommends applying a sunscreen that is SPF 30 or higher before heading outside, every two hours, after swimming, sweating, or towel drying.

MYTH 6 Plenty of sun exposure is required to avoid vitamin D deficiency.

FALSE Australians shouldn't expose themselves to potentially harmful UV in order to get more vitamin D. Research suggests that prolonged sun exposure does not cause vitamin D levels to continue to increase further but does increase the risk of skin cancer. When UV levels are 3 or above, most Australians get enough vitamin D with just a few minutes of sun exposure while completing everyday tasks – like walking to the car or shops. During peak UV times, it's important to reduce your risk of skin cancer by protecting your skin.

However, sun protection isn't generally recommended when UV levels are below 3. If you live in those parts of Australia where UV levels are low in winter, you can help maintain vitamin D levels by spending time outdoors in the middle of the day and doing some physical activity. People who may be at higher risk of vitamin D deficiency include people with naturally very dark skin, people with conditions or medications that impact vitamin D absorption, those who cover their skin for religious or cultural reason and those with little or no sun exposure. If you believe you are at risk of vitamin D deficiency, speak to your doctor.

MYTH 7 You don't have to be concerned about skin cancer because if it happens you will see it, and it is easy to treat.

FALSE Skin cancer treatment can be much more serious than simply having a lesion 'burnt off'. It can include surgery, chemotherapy and can result in permanent scarring. Skin cancer can also spread to other parts of your body. Each year, more than 2000 Australians die of skin cancer.

Be alert for any new spots or changes to existing spots and consult your GP immediately if you notice anything new or changing. And remember, prevention is always better than cure.

MYTH 8 Only sun seekers get skin cancer.

FALSE Excessive exposure to the sun does not just happen when deliberately seeking a tan. In a high UV environment like Australia, we can be exposed to dangerous levels of UV radiation during all sorts of daily activities, such as working outdoors, gardening, walking the dog or having a picnic. This sun exposure adds up over time increasing the risk of skin cancer.

MYTH 9 If you tan but don't burn, you don't need to bother with sun protection.

FALSE There's no such thing as a safe tan. If skin darkens, it is a sign of skin cells in trauma, even if there is no redness or peeling. Skin darkens as a way of trying to protect itself because the UV rays are damaging living cells. If you tan easily, you are still at risk of skin cancer and need to use sun protection.

MYTH 10 You can't get burnt in the car through a window.

FALSE You can get burnt through a car window. Untinted glass commonly used in car side windows reduces, but does not completely block, transmission of UV radiation. This means you can still get burnt if you spend a long time in the car next to an untinted side window when the UV is high. More commonly, people are burnt in cars with the windows down, where they can be exposed to high levels of UV radiation.



School holiday camps on sale now!

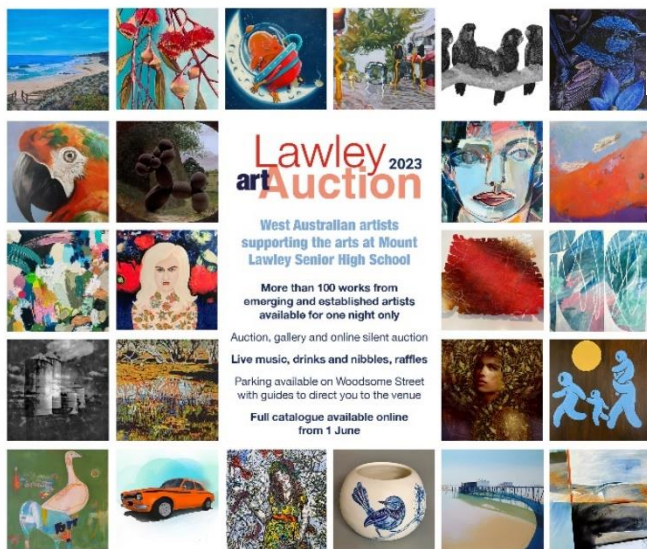


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PLUS YouTube Creators • Coding • DJ • Minecraft Animation • Design • Minions • Jurassic World

Book now at codecamp.com.au/flyer

SAVE \$25 Use coupon code **EARLY25** at checkout



Lawley 2023 art Auction

West Australian artists supporting the arts at Mount Lawley Senior High School
More than 100 works from emerging and established artists available for one night only

Auction, gallery and online silent auction
Live music, drinks and nibbles, raffles
Parking available on Woodsome Street with guides to direct you to the venue
Full catalogue available online from 1 June

With thanks to our 2023 Gold Sponsors



Saturday 17 June



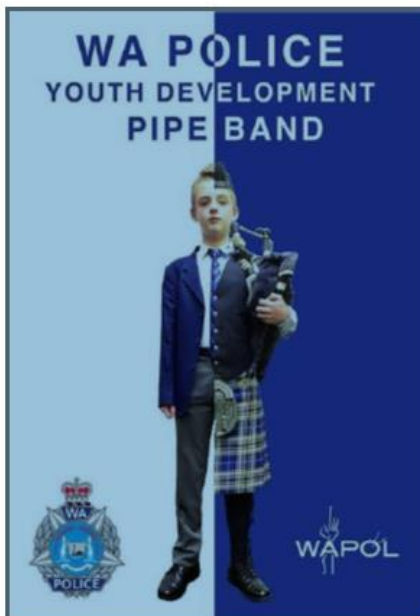
Mount Lawley Senior High School **Viewing from 5pm**
www.lawleyevents.com **Hammer down from 7pm**



MLSHS Art Auction



lawley_art_auction



Scan the QR code below to register your interest!



The 'WA Police Youth Development Pipe Band' are currently inviting 'expressions of interest' from Year 7 level students wishing to learn bagpipes or drums for our upcoming Semester 2 intake.

Group lessons are conducted by members of the Western Australia Police Pipe Band in Maylands on Monday evenings between 5pm – 7pm during school term.

Prior musical experience desirable, but not essential.

Audition sessions on **Monday evening 17th July 2023 at Maylands.**

Bookings essential, places limited.

Registrations close **Monday 10th July.**

Scan the QR code or email us at youthband@police.wa.gov.au for more information and to register your interest!



CROSS COUNTRY

All runners Welcome!

Only \$5 per entry

First race at 11:30am

Perry Lakes Reserve Floreat

For more information contact uwalac.com

RUN



FRIENDS

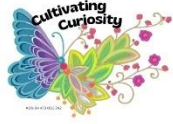
SATURDAY 10 JUNE 2023

FROM 11am

U7 - U17 age groups



Register via www.athleticswest.com.au/eventsregister/187874/-/ by Friday 9 June OR on the day before 11AM



Winter Holiday Workshops

www.cultivatingcuriosity.com.au



Newsletter

THURSDAY
6 July
Fremantle

9:30 - 11:00am - PHILOSO-BRICK™ - Primary School
11:30 - 1:00pm - Mindfulness for fidgety fingers
Micro-Mosaics - 6+
1:30 - 3:00pm - PHILOSO-BRICK™ - High School

FRIDAY
7 July
Floreat

9:30 - 11:00am - PHILOSO-BRICK™ - Primary School
11:30 - 1:00pm - Mindfulness for fidgety fingers
Micro-Mosaics - 6+
1:30 - 3:00pm - PHILOSO-BRICK™ - High School

SATURDAY
8 July
Osborne Park

9:30 - 11:00am - Mindfulness for fidgety fingers
String Art - 6+ - Parent and Child
11:30 - 1:00pm - PHILOSO-BRICK™ - Parent and Child
1:30 - 3:00pm - Mindfulness for fidgety fingers
Micro-Mosaics- Parent and Child

MONDAY
10 July
Fremantle

9:30 - 11:00am - PHILOSO-BRICK™ - Primary School
11:30 - 1:00pm - Mindfulness for fidgety fingers
String Art - 6+
1:30 - 3:00pm - PHILOSO-BRICK™ - High School

TUESDAY
11 July
Floreat

9:30 - 11:00am - PHILOSO-BRICK™ - Primary School
11:30 - 1:00pm - Mindfulness for fidgety fingers
String Art - 6+
1:30 - 3:00pm - PHILOSO-BRICK™ - High School

✦ Mindfulness for fidgety fingers ✦

Spend some time trying out a range of mindfulness activities for when you can't sit still. Each workshop has a focus strategy that participants will take home with them.

- ✦ Micro Mosaics - design and take home your own 20x20 *Micro Mosaic*
- ✦ String Art - design and take home your own *String Art* masterpiece

👉 PHILOSO-BRICK™ 👉

👉 An innovative program that uses a multi-sensory approach to explore philosophical thinking. PHILOSO-BRICK™ workshops foster creativity, imagination, and social-emotional growth while developing critical thinking, abstract reasoning, and problem-solving skills. Using the Philosophy in School's community of inquiry approach and LEGO® SERIOUS PLAY® methods and materials, your child will explore ethical and philosophical ideas in a supportive and psychologically safe environment. 🌟

✦ Parent and Child workshops ✦

- ✦ Spend some time cultivating your curiosity alongside your children.
- ✦ These sessions offer space and time for parents who want to share a unique experience with their children and for children who benefit from the comforting presence of their parents during new experiences.
- ✦ Parents will design and take home their own mindfulness masterpieces

Participants attending back to back workshops are encouraged to bring a lunchbox and water bottle for an in room recess.

String Art



Micro Mosaics



Online program, research-backed | Positive parenting strategies

Be a positive parent and make the most of each moment with proven strategies – Triple P Online

www.triplep-parenting.net.au