Dear Parents, Friends and Carers,

We have had a great deal of activity in our school this week which I am sure you have noticed at home.

**Beginning with Photos on Monday**
Class, individual and family photos have been taken and will be available through the ordering process later this year. A big thank you for taking part. The photographer’s appreciated the good behaviour of students and the support for students wearing their school uniforms. Well done.

**Year 6 and Year 7 Transition Tuesday**
Whilst there have been a few minor hiccups with the transition program the feedback I have had from students is that they really enjoy their big day at the High School. Year 6 and Year 7 are transitioning to the high school on Tuesdays. The canteen experience has been popular with many students. Mr Maxwell and Mrs Neeson have also enjoyed some aspects even though it does take them away from their own regular class environment.

**Athletics**
Wednesday is our day for Faction Jumps and Throws as part of the Athletics program and Friday is the whole school Athletics Carnival. A big thank you to Mr Simpson (and staff) for the preparation leading up to this big event. Working with training and selecting students for individual and team events does take a lot of preparation. I know students will take part with enthusiasm on the day and do their best.

**New Staff and Families**
I would like to extend a warm welcome to the new families that arrived this week and also say welcome to Ms Harrison. Ms Harrison has joined us this week and is the new Kindy/Pre Primary teacher in PP1. She has really enjoyed her first few days here and is appreciating the warm Pilbara weather.

**Literacy and Numeracy Success**
Ms Pearson, Ms Smith and myself will be away from school in Perth this week to share with other Principals and School Leaders the successful strategies we have been able to implement in our school resulting in the positive growth and improvement in Literacy and Numeracy results. Whole school approaches utilised by staff at Millars Well PS have proven to be successful in the class and we have been invited to share this with other schools.

**School Hats**
Thank you to the parents and students that are already following up by bringing their own hat to school. Hats are a very important part of the school uniform and are preventative care for skin damage caused by the sun. I have been impressed by students that have reminded others by asking – “Where is your wear a hat?”

**Being on Time**
Thank you to the many students and families that are making it to school on time. The positive effects of arriving on time has become very obvious. To see students in class beginning their ten a day, practising sight words or their spelling list at the start of the day is certainly impressive and very helpful to students. This is a time when all students can have success and begin the day on a positive note.

If you are having trouble getting to school on time you may try the following:
- Prepare the night before – lay out clothes and pack your bag
- Prepare the lunch or snack for the day and have it ready to go.
- Wake up 10 minutes earlier,
- Arrange to go with a buddy at a set time – meeting and leaving at a set time can help

Above all – recognise the positive difference it will make on your child’s learning for the day

Hoping you have a good week.

Kind regards,
Weston Jackson
Principal

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**SPECIAL EVENTS TO NOTE**
- **FACTION JUMPS AND THROWS – WEDNESDAY, 27 AUGUST**
- **SCIENCE ASSEMBLY - THURSDAY, 28 AUGUST**
- **FACTION CARNIVAL – FRIDAY, 29 AUGUST**
- **INTERSCHOOL JUMPS & THROWS – WEDNESDAY, 10 SEPTEMBER**
Congratulations to the following children in being recognised at our last assembly for their hard work and endeavour: Anjelina Bain, Grace Byrne, Ava Logan, Jamelia Simpson, Tex Vidler, Kirra Baldock, Liam Mitchell, Chelsea Bradley, Michael Hodnett, Nicholas McComb, Coen Bryce, Faith Garbin, Mackenzie Coles, Jacob Bonney, Logan Reynolds, Korey King, Connor Ingram, Jaicinta Lawrence, Kalhan Bunter, Jinja Shub, Chloe Fletcher, Mitchell Holmes-Jennings, Darcy Bryce and Janaya Walsh. Physical Education Award – Joe Chapman and Jake Headley. Science Award – Luke Evans and Oliver Cunningham. Well done!

What helps you to become resilient?

- A caring and supportive family
- Caring friends who you can trust
- Being encouraged to try
- Setting yourself realistic goals and reaching them

How to build up your own resilience

- Get connected. Make friends, get to know people, join in with teams, clubs and organisations.
- Don’t give up. Everyone has to deal with a crisis from time to time, try to work your way through it. Things will get better.
- Change is here to stay – accept it! Of course, it’s unsettling when you feel comfortable with something, then it all changes. Try to see change as a chance to alter the future, not the end of the world as you know it!
- Get good at making realistic goals. Make long-term goals and then work out the steps you have to take to achieve them.
- Remember that being realistic doesn’t mean accepting second best. As you reach each goal, you can aim higher.
- Face up to problems. Think about how you can solve them instead of wishing that they would go away.
- Learn from the bad times. Often people find that they have developed better skills, made new friends and got to know themselves better after they have gone through some crisis.
- Trust yourself. Develop your skills [eg. communication, problem solving, conflict resolving] and instincts, and then develop confidence in your ability to use them.
- Practise thinking positive thoughts. Always be hopeful of your ability to get through, and that things will improve.

VacSwim Swimming Program

VacSwim’s October school holiday swimming program is conducted by qualified instructors who teach children the skills to be confident swimmers and safe in the water.

Enrolments for VacSwim’s October school holiday swimming and water safety lessons opened on 1 August. VacSwim is available to all children five years old and under 18 years on the first day of each lesson. Details of dates, locations, costs and how to enrol are online. Enrolments close on 8 September. For further information and how to enrol, please visit education.wa.edu.au/swimming.

From the sports desk

On Wednesday, 27 August the Jumps and Throw and the 400m events are being held on Millars Well Oval and on Friday, 29 August is the Faction Athletics Carnival.

- Students should bring a hat, sunscreen, food and a drink bottle (no sports energy drinks)
- Students are allowed to run in bare feet; however, there may be prickles and students are encouraged to keep shoes on.

A program of events is included with this newsletter and will be available on the day from the recording tent. Parents and caregivers are encouraged to attend to support child/ren.

We are also looking for volunteers to help with judging and various duties which will assist to make the day run more smoothly. If you are available to assist please email mark.simpson@education.wa.edu.au

Mark Simpson, Physical Education Specialist

School Health Nurse Update

A reminder to Kindy, PP and Year 1 parents: please complete and sign the School Entry Health Assessment form if you have not yet done so and return to your class teacher ASAP. The assessment is performed by the School Health Nurse team which includes checking your child’s vision, hearing and general development.

The School Health Nursing Team is busy this term conducting screening across all schools in the Pilbara. We also provide immunisation clinics in both Karratha and Roebourne on a weekly basis. Please note that Population Health will be relocating to new premises at the hospital. We have been busy packing boxes and organising our resources in anticipation for the move. Relocation is now anticipated to be mid September.
In K/PP2 we decided to dress up to the theme of Peter Pan for Book Week. We read the book and chose what character we would like to come as. It was fantastic to see all the amazing costumes and we really enjoyed the day.

In Early Childhood we are very busy taking advantage of the current weather and learning through play outside. Mrs Karen Hancock was very generous and donated our colourful windmills which were distributed to all the Kindy and Pre Primary students during morning and lunch play. The students explored how the wind makes them turn and the colours blend together when the windmills turn really fast. We have decorated our fence with the windmills and love watching and talking about them every time we are outside.

Mr Dan Crabbe donated some old pots and during outside play we have been choosing and planting seeds. We have planted herbs, vegetables and flowers and are enjoying the responsibility of caring for the plants and excitement of watching them grow. As a whole group, we have also planted giant sun-flowers and heirloom tomatoes in our garden beds. They are now seedlings and we can’t wait for them to get taller. We are always looking for materials that we can recycle to help with our outdoor learning. Keep your eye out for the ECC Corner and please donate to us.

ECC are looking for donations of items for outdoor play activities. Items required are:

- Yoghurt pots
- Plain fabric
- Old gardening pots, Old pots and pans
- Potting mix, Compost
- Twine/string, light rope
- Cardboard tubes (not toilet roll) i.e. cling wrap
- 2L juice/milk cartons, 1.25L/2L plastic bottles
It’s official, we are 120 days smarter!! To celebrate this achievement the year ones, twos and threes completed lots of exciting activities. Miss Garstone created a fabulous fitness challenge based on 120. We had to do star jumps, skipping, planks, catching, slides and much, much more. We also played maths dice games, created 120 acts of kindness we could do and made some awesome crowns. A big congratulations goes to those students who have achieved 100% attendance over the first 120 days of school. 😊