



Munglinup Primary School News Sheet

TERM 4 WEEK 3

Tuesday 25th October, 2022

Mungy Gold Coin Market (Munglinup PS)

Thursday 27th Oct
9:30am

Mungy Munchkins

Playgroup

Thursday 27th Oct
9:00am-10:50am

School Council

Monday 2nd November
3:00pm

P&C

Friday 4th November
2:00pm

Hopetoun Jump Rope Excursion

Thursday 17th November

Outdoor Classroom

Day

Tuesday 29th November

End of Year Concert

'Munglinup Hoedown'

Friday 9th December

School Community Excursion

Thursday 15th December

Principal's Report

A big Mungy welcome to the Walker family!

The Walkers are joining us for harvest season and have come all the way from Kamilaroi country (Tamworth, NSW). We welcome Boston, Cali and Artie to our school community and their parents Brady and Jessica.

Staffing changes

To support the increase of students this term we have some staffing changes. This term Katherine Loader will be increasing her days. She will be team teaching alongside Sara Sills on Tuesdays and Wednesdays. Kate Toop will be returning from maternity leave on Fridays. I will remain teaching K/P Reading in the morning, Monday-Friday. Mariette Botha has joined the team this term as our fantastic education assistant on Monday, Wednesday, Thursday and Fridays.

Mungy Gold Coin Market

Come join us this Thursday for the Mungy Gold Coin Market. The head students researched and chose the worthy charity 'Safe Esperance'. All students have designed a market stall to raise money. Stalls are a gold coin donation each. Some of the stalls include fortune tellers, pick a duck, food and drink, bubble discos and guess the amount in the jar. All are welcome, especially Mungy Munchkin families. Playgroup is welcome to meet in the undercover area for story and song time before you head out to the market.

National Quality Standards Verification

School staff use the National Quality Standard to optimise development and learning in Kindergarten to Year 2.

The National Quality Standard (NQS) includes seven quality areas. These areas consist of 40 elements organised into 15 standards.

- Educational program and practice
- Children's health and safety
- Physical environment
- Staffing arrangements
- Relationships with children
- Collaborative partnerships with families and communities
- Governance and leadership.

School staff embed a continuous reflection and improvement cycle in Kindergarten to Year 2, informed by the Guide to the National Quality Standard to develop the Munglinup NQS improvement plan. The plan is designed to support staff to reflect on practices, identify strengths, identify areas for improvement and monitor progress.



The school requested a verification visit from the Education Department's Early Childhood Education Consultants. Our verification visit was last Wednesday. The consultants observed and discussed practices, provided feedback against the school audit and assessed the quality areas to verify the findings. Some excellent feedback was provided which is invaluable to support the school in its ongoing self-assessment processes. Findings will be shared with Munglinup staff and school council.

Staff professional learning

The staff at Munglinup PS have the most wonderful growth mindset. They are continuously seeking out professional learning opportunities to help them grow their knowledge and practice. The first Friday of term was spent at Castletown Primary school along with the all the Mallee schools. The focus was on continuing our journey unpacking the Science of Reading (SoR). Samantha Price was the presenter, she is from Cable Beach in Broome. Cable Beach is a teacher development school. The SoR refers to a vast body of research on learning to read with contributions from various disciplines, including cognitive science, linguistics, psychology, education, psychology, neurology, and more. The SoR has debunked various methods used over the years to teach reading that were not based on scientific evidence. Munglinup PS is continuously revising the programs we use and approaches to teaching reading to ensure our teaching practice is aligned to the current SoR.



Kambarang is here!

The Noongar season 'Kambarang' is represented by the colour yellow to symbolise the return of the hot weather. This second season of Spring occurs October to November (depending on which part of WA you are in timing of the seasons may vary and may be referred to by another name).

Throughout Kambarang you will notice an explosion of colour, which is why this season is known as 'the wildflower season', or 'the season of birth'. You can expect to see a variety of smaller, delicate flowering plants, including the kangaroo paw and orchids (kara or djubak) in every colour of the rainbow. One of the most notable flowers on display during this season is the moodjar (WA native Christmas tree), which flowers across Nyungar boodja from late October to January. These bright orange/yellow flowers are a signal the heat is on its way. As the temperature increases, reptiles such as the waakal (python) or yoon (bobtail lizard) start coming out of hibernation to make the most of the warmer weather as it provides the energy they need to look for food. Koolbardies (magpies) will still be out protecting their nests and their babies, **so don't forget to duck!**



Healthy lunches

Healthy lunches will continue this term on Tuesdays. The students use ingredients from the school veggie patch to plan and design healthy lunches. We have observed some fantastic progress with many students trying new flavours. The Munglinup Roadhouse lunch orders are still available to order on Wednesdays. Please see the revised Term 4 menu attached.

Amy Nelson
Principal



Artie

Hi, my name is Artie W. I am in Year 5. I have a brother named Boston and a sister named Cali. We can from New South Wales. It took about nine days to get here to Munglinup. We started schooling her in fourth term and at the end of the year, we will be leaving to go home. I like Sport, English, and some parts of Mathematics and Reading. I am settling in well, but I miss my three other friends at my old school. I have made any friends here too. |

This is a time
to remember.

Wildflower Festival

The updates you need.

Mirjam Nilsson

The scoop of the day

The latest updates

Wildflower Festival

At the wildflower festival there was all types of plants and sculptures made from outdoors items.

The mallee schools made some wonderful art projects and drawings. The Mallee schools for swim week went to the festival in two groups.

The wildflower Festival is held in Esperance to celebrate the beautiful wildflowers that grow around and in Esperance. I am part of the Mallee schools and I absolutely love learning about the wildflowers here in and around Esperance. I asked one person about her wildflowers she had at her stand. She told me that she had Esperance carnivorous plants. And the Mallee school Topic and wildflower Topic is carnivorous plants. A lady who had her own stall told be about the flowers and she gave me a handmade wildflower made from materials. It was all so incredible.

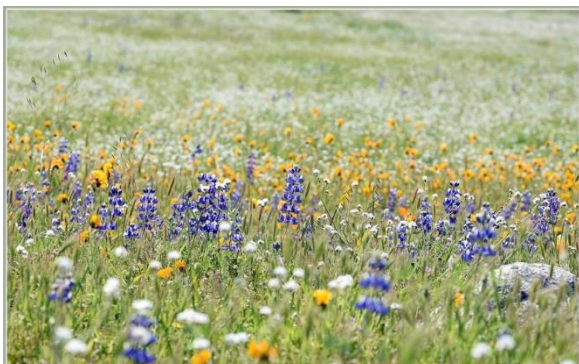


Mareyn. Botha

When was It and Why

The latest updates to get you through the day

The wildflower Festival was held in Esperance on the 20th to the 24th of September 2022. The wildflower festival is held to celebrate and learn about the breath-taking wildflowers around and in Esperance.



Tuesday,
Sep 20,
YYYY

NEWS TODAY

The latest news of the Wildflower Festival

Hailey Ware

The scoop of the day

Today we are going to talk about the wildflower festival.

The wildflower festival started from the 20th to the 24th.

The Wildflower festival was all about carnivores' plants.

Plants that eat meet like fly's and other insects. We as the mallee schools all went on the

Thursday. At the Wildflower festival we had to sit at

several different tables. We did drawings of plants that were on our

table. We had to draw what we sore.

After that we got two pieces of paper and cut a little bit in the first piece of paper

then we simply glued the pieces of paper together.

After we did all of that we then spilt in to three groups. The first group got to have recess the other groups had to do some work then we all switched. Then we looed around inside the bigger building. Inside that building was some really cool stands there was one lady that let each on of us her hand made flowers she made out of different matrilas. There was also a hunny stand. We looked through cycloscapes we could see little bits of flowers through it. The last activy was in the church. We sore all of the kids art that they did at thire school. There was lots of cool art there and different art styles and thing. We all had heaps of fun at the Wildflower Festival.



The Wildflower Festival

From the 20th to the 24th of September 2022, the wildflower festival is being held in Esperance. Visit the Esperance Civic Centre, St Andrews Church or the Esperance Anglican Parish Hall to see the wonderful Wildflower displays which showcase over 700 carnivorous plants. This year's theme is Celebrating Carnivorous Plants. You can find more information <http://www.esperancewildflowerfestival.com> to find out events being held. The festival is open Tuesday – Friday from 9am-5pm and Saturday from 9am-3pm.

At the Wildflower Festival we looked at all these wonderful flowers in the Esperance Civic Centre with rows and rows of flowers. Then we moved to the St Andrews Church to see all the different art works there were a lot of art works to look at, Cascade did tin can plant. Then we went to the Esperance Anglican Parish Hall and looked at everything there, there were even a thing where you could draw what you wanted in Esperance.

That is all I can remember and here is what I liked at the Wildflower Festival I liked that I could see the good artwork that I did I even won an award for it at the end of swim camp.

By Oscar

Nuytsia floribunda



Menu

10% off for the school lunches

Sandwiches

Ham & cheese \$6.00
Ham & pickles \$6.00
Ham & salad \$8.00
Chicken & salad \$8.00

If requiring a variation of ingredients or would like a different type of sandwich, please speak to the roadhouse when ordering for costing.

Rolls

Ham & salad rolls \$8.00
Chicken & salad rolls \$8.00

If requiring a variation of ingredients or would like a different type of roll, please speak to the roadhouse when ordering for costing.

Toasted sandwiches

Ham & cheese \$6.00
Ham, cheese & tomato \$7.50
Ham, cheese & pineapple \$7.50
Chicken, cheese & mayo \$7.00



Drinks

600ml water \$3.00
Pump flavoured water \$4.50
Orange juice \$4.50
Pop tops \$2.50
Multi vitamin juice \$4.50



Snacks

Vanilla Yogurt \$3.50
Cheese and Crackers (Mainland) \$4.50

To make an order call the Munglinup Roadhouse on [9075 1041](tel:90751041)

YOU'RE INVITED TO OUR

MUNGY

THURSDAY 27TH OCTOBER

MARKETS

9.30AM START

MUNGLINUP PRIMARY SCHOOL



Guess the amount

Bubble Disco

Bracelets

Book Market

Ring toss

Fortune Teller

Food and Drink

**GOLD COIN
DONATIONS**

PROCEEDS GO TO STUDENT LEADERS
NOMINATED CHARITY 'SAFE ESPERANCE'

SIDESTEP THE SUGARY DRINKS

August 16, 2022

[Mikala Atkinson](#), Nutritionist



Soft drinks are all around us and often within arm's reach. So is it healthier to encourage your kids to reach for a lemon or orange flavoured bubbly beverage over a popular cola variety that may contain caffeine?

The answer is no. Fruit flavoured soft drinks do not provide a healthier alternative to others on the market. All soft drinks were created equally – packed full of sugar!

And if soft drinks are off the menu, don't be fooled into thinking that other sugary drinks such as cordial, fruit drinks, energy drinks, iced teas or nutrient waters are any better. Although these are cleverly marketed as healthy alternatives to soft drinks, they are often still packed full of sugar and offer little to no nutritional benefit.

Pester power is real and provides an ongoing challenge for parents! Lining the shelves at every turn, sugary drinks are cheap to buy, come in brightly coloured, attractive packaging and are often seen in the hands of popular celebrities and sports stars, which only makes them seem more appealing.

This can make the discussion around continuing to choose water a bit of a battle, but one that is worth it in the long run. Water is essential to life and helps with healthy digestion and regulating body temperature, not to mention being free and containing zero sugar.

So how do you sidestep sugary drinks?

Fill up before you head out



Try not to leave the house without a water bottle. Encourage everyone to fill up before you head out. This includes a trip to the shops, the movies, after school sports, a friend's place or the park. If you have water on hand to hydrate and quench your thirst, you are less likely to end up having a discussion around purchasing drinks.

Talk about cost

Talk to your kids about the cost of buying drinks - it all adds up and is money that could be saved for something else. Water is free and available at the turn of a tap. Frequently purchasing sugary drinks is a bit like pouring money down the drain.



Sugar is still
SUGAR



Crunch&Sip

Provide healthy alternatives

Encourage school fundraisers and community run events to provide water or other healthy alternatives to sugary drinks. Whilst school canteens are governed by the Healthy Food and Drinks Policy, when it comes to P&C run events the rules aren't enforced. We want our children to enjoy an environment where sugary drinks are not front and centre. Suggest a soda stream station or water bubbler to be the focal point instead.



Learn to read the label

Check out our [decoding food labels](#) page and learn to read the nutrition information panel together – that way you can all make informed decisions. If you do choose to purchase a drink on occasion, you can look for healthy choices available with little to no sugar added. This does not mean reaching for artificially sweetened beverages either, which are linked to poor health outcomes and aren't good for a healthy gut. Look for sparkling water with natural flavours added, unsweetened iced tea or a kombucha.

Use the per 100g column	Best choice	Okay sometimes	Try to avoid
Total fat	Less than 3g	3g - 10g	More than 10g
Saturated fat	Less than 1.5g	1.5g - 3g	More than 3g
Sugar	Less than 5g	5g - 15g	More than 15g
Sodium	Less than 120mg	120mg - 400mg	More than 400mg
Fibre	More than 3g per serve (not using per 100g column)		

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