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**Week 3, Term 4, Issue No 18 - 30 October 2015**

**Message from the Principal**

**Strength-Based Parenting and the Impact on Children's Stress Levels**

In recent times there has been on-going conversation about parenting styles and the impact this has on preparing children to cope with personal stress in an ever-changing world.

Findings from a new study by the Melbourne Graduate School of Education at the University of Melbourne show that parents/caregivers may make a positive difference on their children's stress levels. Furthermore, there is distinct relationship between Strength-Based Parenting (SBP) and kids' stress levels and their approaches to coping.

Strength-based coping is a particular style of coping where the individual makes the best use of their personal strengths, their skills, their emotions and their family and social resources to deal with stress.

A registered psychologist and researcher conducted a community study of Australian upper primary school-aged children (aged 10-12) with participants recruited through a stress-management workshop run for children. The study examined the role of parents/caregivers in helping children to overcome and reduce their stress. The study focused on positive, everyday stress and adopted a positive psychology approach to the research inquiry. In particular, the study examined the role of SBP on stress levels in children.

**Enrolments: Now  
Open for Year 7**

- **Little Athletics WA**
- **ATI Martial Arts**
- **Swan Park Leisure Centre**

**COMING EVENTS**

Year 1 (JA3) Assembly-  
Friday, 6 November  
Kindy and Pre-primary  
photos- Monday,  
9 November and  
Tuesday, 10 November  
Year 1 (JA2) Assembly-  
Friday, 20 November  
Scholastic Book Fair-  
Monday, 16 November-  
Friday, 20 November  
Year 6 Bridgetown  
Camp- Monday,  
30 November- Friday,  
4 December  
2016 Student Councillor  
Election- Thursday,  
3 December  
Year 1 (JA1 and JB2)  
Assembly- Friday,  
4 December

**Quote of the Fortnight**

Our constant entertaining  
of children robs them of  
the ability to entertain  
themselves.

**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*

Levels of stress were identified as toxic, tolerable and positive and given that stress results from an imbalance between demands and resources, SBP is likely to help children to deal with stress because it builds up the child's resources (their strengths), fostering a better balance between the demands placed on the child and the strengths the child has to meet those demands.

The current results suggest that parents/caregivers may play a role in assisting their children to cope with everyday, minor stress by parenting in ways that assist children to understand their own strengths and engage in strength-based coping.

**Key messages:**

- When parents/caregivers adopt a strength-based approach, they seek to deliberately identify and cultivate positive states, positive processes and positive qualities in their children. In other words, parents/caregivers are building up their children's resources.
- Although toxic stress has debilitating effects on the well-being of children, not all stress is damaging.
- Positive stress has the potential to help children learn, grow and adapt if it is successfully managed.
- Children are more likely to use their strengths to effectively cope with minor stress in their life if they have parents/caregivers who adopt a strength-based approach to parenting.

**Things you can do:**

- Parent authoritatively – encouragement, warmth, boundaries, limits, consequences.
- Encourage independence in your kids. They're never too young to be responsible for small things.
- Role model resilience and other strengths, such as persistence, commitment, organisation, getting along.
- Allow kids to suffer consequences and learn from them.
- Teach kids stress management strategies and calming techniques – deep breathing, thinking of happy times, talking to a friend.
- Have fun with brainstorming and alternative ways to solve problems.
- Help build your child's confidence and self-esteem.
- Accept your kids for who they are, make time for them and accommodate their interests.
- Believe in your kids and let them know you do.

Source: The Relationship between Strength-Based Parenting with Children's Stress Levels and Strength-Based Coping Approaches. Lea Waters. Psychology, 2015, 6, 689-699  
Published Online May 2015 in SciRes.

<http://www.scirp.org/journal/psych>  
<http://dx.doi.org/10.4236/psych.2015.66067>

**Staff Carpark**

I would like to remind  
parents/caregivers that the  
staff carpark by the school  
office is not a designated drop

*developmental learning.  
Life-long learning and  
reflective practices.  
Developing attitudes and  
values of care and  
concern for self, others  
and the environment.  
Maintaining a safe  
environment for all.  
Building partnerships with  
students, parents and the  
community.*

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



off/pick up point for students. Earlier this week there was a near miss when a student who had been dropped off in the carpark was nearly hit by a member of staff as they backed into a carbay just as the student was walking through the area. Please use the 'Stop and Go' area along Kelvin Street or alternatively,

if you need to come into the office to speak with office staff for whatever reason, please park the car in a car bay around the school and walk in. Your support on this matter is greatly appreciated.

### **School Board Meeting- Monday, 9 November**

Each year, the MPPS School Board is required under its Terms of Reference to formally report to the school community at least by way of an 'open' meeting. This meeting is open to any member of the school community who wishes to attend.



In 2015, this open meeting will take place in the school library on Monday, 9 November from 3.30pm onwards. Please Note: This is a parents/caregivers only event. No student supervision will be possible so please make alternative arrangements for your children if you wish to attend.

Rosemary Lynch  
**School Board Chair**

### **Other Newsletter Items**

#### **M4 Assembly**



It was great to see the large turnout by parents/caregivers and extended family and friends for Mr Christie's M4 class assembly. Didn't the students look great in their circus themed costumes and makeup? The item was all the more remarkable as the children had composed the many versed quatrain all by themselves. Well done to all. Our next assembly will see the first of our Year 1 classes 'up to bat' with Mrs Jonsson's JA3 class hosting a Melbourne Cup themed assembly. Come on down to watch the fashions in the field.

## Aussie of the Month



### **Stella Pickup**

For being a friendly, inclusive, and cooperative class member who readily assists others.

### **Kyan Tremain**

For working hard at all times and always encouraging his classmates to do the right thing.

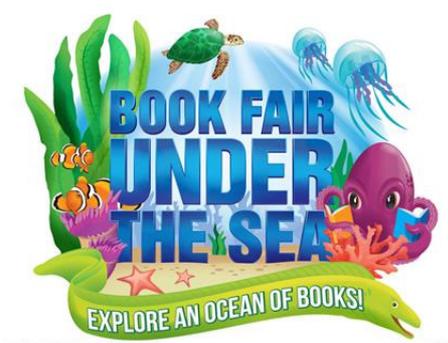
### **Isaac Deshon**

For being considerate and always ready to volunteer his help.

### **Bailey Franklin**

For always considering the needs and wellbeing of her peers and putting others before herself.

## **Book Fair**



The 2015 Book Fair will be open in the school library on -  
Friday, 13 November  
Monday, 16 November  
Tuesday, 17 November  
Wednesday, 18 November  
Friday, 20 November  
CLOSED ON THURSDAY,  
19 NOVEMBER

You can view the Book Fair before school from 8.15am – 9.00am and after school from 3.00pm – 3.45pm (Please Note: Tuesdays 2.30pm – 3.30pm). Students have the opportunity to come in after they have eaten their lunch from 12.30pm - 1.00pm.

Invitations will be sent home showing some of the fantastic books which will be available. Some classes will have a sneak preview and compile their 'Wish List' – this is only a wish list; it does not mean you have to purchase any of the items.

Purchases can be made in cash, credit card, EFTPOS by phone or online. If paying by phone or online, please record your receipt number on the Book Fair invite or student wish list and return to staff at the Book Fair.

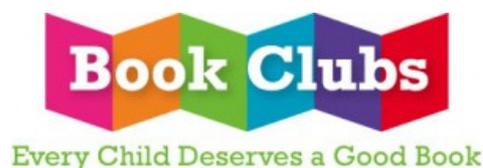
This is a major fundraiser for the school library which helps in the acquisition of new resources. With Christmas coming up you can get a good start on your shopping.

Volunteers to help would be greatly appreciated please see Debbie or Janie in the school library.

Debbie Fielding and Janie Rollinson  
**Library Officers**

## **Scholastic Book Club – Issue 7 – Last Issue for 2015**

Yesterday afternoon, brochures for Issue 7 of the Scholastic Book Club would have arrived home. Extra



Scholastics brochures are available from the library in the event you require any additional brochures. Orders are due back to school by Friday, 6 November.

**A big thank you to everyone that placed a Scholastic Book Club order this year. The school raised \$2125 and the money has been used to purchase resources for each of the learning areas.** Have a great break and see you for Issue 1, 2016.

There are four easy ways to pay:

1. The School has opted-in to LOOP. You can order and pay for your Scholastic books and there is no need to fill in the order form or return anything back to school.
2. Cash – please enclose the correct amount of cash with the completed order form and return to school by the advertised closing date.
3. Cheque – please make cheques payable to Scholastic Australia and attach cheque to the completed order form and return to school by the advertised closing date.
4. Credit Card – this method can be done via the LOOP or free call to 1800 557 908. With credit card payments done via 1800 557 908 you will need to record the 11 digit receipt number and return the completed order form to school.

LOOP is definitely the preferred method of ordering and payment. If paying by cash or cheque- please make the cheque payable to Scholastic.

All book club orders should be placed in the smaller of the wooden boxes in the office. All cash and cheque orders are due back to school by Friday, 6 November.

Items will be delivered to your child's classroom approximately two weeks after the scheduled closing date. If there is a problem with your order, or if you require any additional information or help, please contact Mrs Miriam Xavier via the school library immediately, so she can do her best to address your concern or query.

Once the Issue has been closed any late orders can be submitted via LOOP plus a delivery fee to your home address.

## **SCHOOL PHOTO DAY IS COMING for Kindy & Pre-Primary!**



Dear parents,

Our school photo day for our Kindy and Pre-Primary students is coming! All students should now have a Kapture Photography order envelope to bring home. The recommended method of

ordering your photos is online through Kapture's website as your payment is secure and can be easily verified at any time. Alternatively you can pay by cash or cheque and return the provided envelope to the school on the photography day. If you place your order online please DO NOT return your envelope to school.

Any parent/caregiver who forgets or is unable to supply their envelope on the photo day will have five (5) days to complete an order online. Late payment envelopes cannot be accepted by the school office or by Kapture.

Kapture offer a money back guarantee for any parent/caregiver who is not fully satisfied with their photo package. Should you have any queries before or after photo day, please direct them to the Kapture office on 9240 1714 or email [enquiries@kapture.com.au](mailto:enquiries@kapture.com.au).

All students will be photographed individually on photo day for school administration records AS WELL as included in their class group photo available for purchase to all families. Should there be any reason why your child should NOT be included in the photo shoot –please contact Mrs Alver.

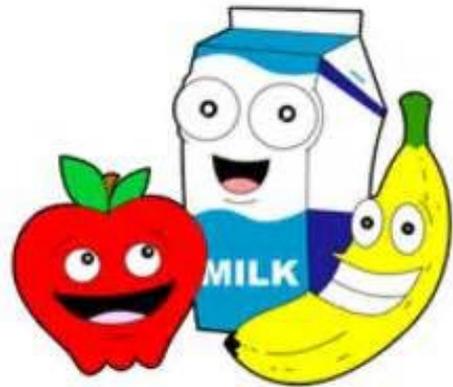
## Canteen

### Canteen Voucher Winner

Congratulation to Machrie Rennie who was the winner of the \$30 online canteen voucher last term.

### Online Ordering

Did you know that you can place a canteen order online? Visit



[www.ouronlinecanteen.com.au](http://www.ouronlinecanteen.com.au) to set up an account. You can place lunch orders up to two weeks in advance and pay via credit card, paypal or direct debit.

### Summer Menu

Hummus is now available as part of the summer menu and is a great addition for a snack pack, wrap or salad bowl.

### Canteen Roster

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.

|        | Mon   | Tue       | Wed         | Thurs  | Fri             |
|--------|-------|-----------|-------------|--------|-----------------|
|        | 2 Nov | 3 Nov     | 4 Nov       | 5 Nov  | 6 Nov           |
| Week 4 | Akari | Charlotte | Akari       | Karen  | Gary<br>Jacquie |
|        | 9 Nov | 10 Nov    | 11 Nov      | 12 Nov | 13 Nov          |
| Week 5 | Akari | Charlotte | Hot Dog Day | Karen  | Gary<br>Cave    |

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

## New school resources from P&C fundraising



At this week's P&C meeting we were excited to approve payment for:

- The Year 6 camp bus,
- Approximately 6-8 laptops for the Senior Learning Area,
- The house faction banners,
- Half the cost for a defibrillator for the school.

Upcoming fundraising efforts this year, will go towards providing Athletics next year for the whole school.

This means the school P&C has contributed just over \$22,000 to the school to date.

Once again, thank you to the whole school community for supporting the P&C fundraising efforts. Together we have been able to provide some fantastic items for all areas of our school.

## Kiara College 2016 Enrolments: Now Open for Year 7

In addition to courses in line with the Australian Curriculum, students have the opportunity to study courses such as:

- Agriculture
- Dance
- Engineering
- Film and Media
- Home Economics
- Mechatronics



- Multimedia
- Music
- Robotics
- Web Design
- Design & Technology

For further information regarding enrolling your child at the College, please contact us as soon as possible.

Richard Kardol, Program Coordinator  
Phone: 9378 0200 or Email:

[richard.Kardol@education.wa.edu.au](mailto:richard.Kardol@education.wa.edu.au)

## Little Athletics WA

Registrations for the upcoming season of Little Athletics are now being taken. Please telephone 9388 2339 or visit [www.littleathletics.com.au](http://www.littleathletics.com.au) to find your local Little Athletics Club.

## ATI Martial Arts

ATI Martial Arts for children are offering a two week free trial. Classes are held at Cloverdale and North Perth. For further information please call Anthony on 0402 144 018 or visit [www.atimartialarts.com.au](http://www.atimartialarts.com.au)

## Swan Park Leisure Centre

Swan Park Leisure Centre is holding a Aqua Slash disco on Friday, 6 November 2015. The theme for this Disco is Fluro. The cost is \$15 per ticket and includes a sausage sizzle, lolly bag, glow stick and a drink.

For further information please call Swan Park Leisure Centre on 9207 8888 or visit [www.swan.wa.gov.au](http://www.swan.wa.gov.au).

## NEWSLETTER ITEMS

To include items in the school newsletter contact Gayle Tippett by email [Gayle.Tippett@education.wa.edu.au](mailto:Gayle.Tippett@education.wa.edu.au)

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