



Camp Quality esCarparade

Congratulations MEPS! We raised a whopping \$786.70 for Camp Quality! Awesome stuff!

MHS Invite to Musical Students

Murwillumbah High School has offered an invitation to any Year 6 students who play an instrument (flute, clarinet, saxophone, trombone, trumpet, and percussion) to join their concert bands rehearsals every Wednesday mornings from 8am for Term 4. If you wish for more information please contact myself or Jessica Neubert, Music Teacher at MHS on 6672 1566.

ICAS 2018

ICAS is an independent, skills-based assessment program which recognises and rewards student achievement. ICAS is unique, being the most comprehensive generally available suite of academic assessments for primary and secondary school students.

Over one million student entries are accepted from over 6,300 schools in Australia and New Zealand annually. In addition, students from over 20 countries including Hong Kong, India, Malaysia, Singapore, South Africa and the USA participate in ICAS each year.

For more than 30 years, Educational Assessment Australia (EAA) has continuously improved and enhanced ICAS. Today, this experience means ICAS is a 21st century quality assessment keeps pace with classroom learning.

A new ICAS test is developed annually for each subject in each year level by our team of subject matter experts. All ICAS tests are reviewed by experienced teachers to ensure that they accurately assess students' skills and are relevant to what they are learning at school.

Administration Guidelines are provided to the schools with the ICAS papers to ensure that the same conditions are afforded to all students sitting ICAS.

In 2017, MEPS had a large number of students sit these assessment tasks and received some outstanding results.

If you wish your child/ren (Year 2-6) to participate in these next year please see either myself or your child's class teacher so we may register them. We will be participating in the following assessments:

Spelling - Wednesday 13th June
English - Tuesday 31st July
Mathematics - Tuesday 14th August

For further information, you may wish to see the ICAS website www.eaa.unsw.edu.au/icas

Playground & Building Updates

We are really pleased to let everyone know that our sandpit is back in operation. The damaged brickwork was all removed over the weekend and our students are happy to have one of their favourite play spaces back.

Playground & Building Updates - contin....

Additionally, over the weekend, some initial tree works were completed to make way for a demountable Library behind the existing classroom demountables. This Library will be in place for the beginning of 2018 and will be raised above flood levels. It will remain in place until the permanent building is fully repaired.

Sam Rowsell
Principal

Positive Behaviour For Learning (PBL)



Week 5 Rule

All settings - We keep our hands and feet to ourselves



Bronze Bee Award - 40 Bee Cards

Congratulations to the following students on reaching their Bronze award:

Brayden, Telia, Callie, Ella G, Joanne, Isaiah, Mia, Matilda, Tyler, Casey, Ruby, Alicia, Melody, Sam, Eloise and Ella R



Silver Bee Award - 50 Bee Cards

Congratulations to the following students on reaching their Silver award:

Tyson, Sebastian, Riley, Dempsey, Toby, Zoe and Isabelle.



"Happy Birthday"

Summer, Ella, Maddison, Isaak, Levi and Isabelle.

Home Reading Stage 2 & 3

Congratulations to the following students:

75 Nights - Grayson and Lily in 3-4H.

200 Nights - Harrison in 3-4H.

Volunteers Breakfast

Have you volunteered in our school this year? Please join us on Wednesday 15th November at 8.30am for breakfast. Invitations have been sent home through our students.

If you didn't receive an invitation please contact our office. RSVP's to our school office by phone - 66726781 or next time your are signing in let our office know if you are able to come along.

Volunteers are a valuable part of our school and we appreciate your time helping in and around our school - gardening in our MEPS Patch, canteen volunteering, classroom helpers, just to name a few. Every little bit helps our school be the very best it can be. We look forward to see you all next Wednesday.

Murwillumbah High School - Year 6 - 7

Year 7 2018 Orientation Days

An information session for parents will be held on the morning of Tuesday 5th December. When dropping off your child for their orientation day please come to the front office where student leaders will greet you and guide you to the library.

On the agenda for parents from 9-11am

- Introduction of key people, their roles and how/when to make contact with them - year adviser, counsellor, executive.
- Representatives from The Family Centre will present information on support available within our community and the challenges of parenting teens.
- The P&C will have stationery packs available for sale and representatives from the P&C will be around for new parents to connect with.
- Morning tea will be provided.

Be Safe

Be Respectful

Be A Learner

Charles Street, Murwillumbah 6672 6781 www.murwillume-p.schools.nsw.edu.au



H.M.A.S. DIAMANTINA

Stage 3 Excursion

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Managing Christmas Chaos as a Sole Parent

by Penny Webb

Did anyone else blink and miss 2017? December is hard to navigate at the best of times, but when you're a single parent it can be particularly challenging logistically, physically, emotionally and mentally.

The end-of-year school concerts, presentation ceremonies, work parties, school parties, social catch-ups, Christmas shopping, decorating, more parties ... anyone else exhausted just reading this?

Nevertheless, here we are just weeks away from the busiest time of year, so it's time to get proactive about managing the chaos that comes with Christmas.

1. Get technical

Technology has been my saviour in recent years. If it isn't in my smartphone, it doesn't happen! As soon as you receive an invitation or notification of an event, enter it into the calendar on your phone. This will minimise the risk of double bookings or at least get you on top of logistics early. For each event I set a reminder for a week ahead, a day ahead and an hour ahead.

Cozi (www.cozi.com) is a scheduling app that can link multiple users within a family. If you and your ex-partner are on Cozi, you can both see important dates that have been scheduled, such as school concerts and end-of-year presentations. Cozi is particularly useful for families that have shared care of the kids, helping everyone to stay across important dates with much less risk of something getting missed.

There is also the Parachuute app (www.parachuute.com) to help with the logistics of getting multiple children to multiple locations. Created by two Melbourne mums, Parachuute is a carpooling app that allows you to tap into your trusted network for help with transporting the kids to their various events.

2. Ask for help

There is a reason the saying "It takes a village..." is so popular. It absolutely DOES take a village to raise a child, especially if you are doing it solo. You physically cannot be in two (or more!) places at once, so reach out and ask family, friends and neighbours you trust for help.

When I moved two hours away from our family home in Sydney, I didn't know anyone. But less than a year later, I have a lovely bunch of friends – mostly parents of my sons' friends – whom I feel confident I can turn to when I need extra help. It may feel uncomfortable, but asking for help is one of the simplest things you can do to manage the busyness of Christmas.



3. Lower the high expectations you've set for yourself

This was a big one for me. Once I realised that aiming for perfection was only going to lead to disappointment – let's face it, nobody is perfect! – I relaxed the ridiculously high standards I had set for myself. These standards were borne of parent guilt, divorce guilt, any sort of guilt you can think of. I did the emotional and mental work necessary to loosen up and lower those expectations.

Why spend hours handmaking individual gifts for teachers, coaches and dance instructors when a handwritten and heartfelt note of thanks will make just as much, if not more, of an impact?

4. Parenting down

My wonderful therapist shared this concept with me. It's for those tough days – those times when everyone is a little exhausted, ratty and emotional. You don't have to serve up a fresh, homemade meal with the perfect ratio of the five food groups. No way! If it's been a tough day, parent down. That's what 2-minute noodles or Weet-Bix for dinner is for. Give yourself a night off from your own expectations.

5. The gift of presence

Your financial situation changes when you separate, sometimes for the better and sometimes for the worse. If money is a little tight, the kids won't mind if there are less toys under the tree. Give the gift of your presence. Make a list of fun, low or no-cost experiences you can share together. Bushwalks, trips to the beach, even an afternoon running around under the sprinkler in the backyard. These are what memories are made of and memories last much longer than the latest Pokemon.



I also use this little ditty to keep a lid on gifts: "Something they want, something they need, something to wear and something to read." Add some fun family experiences into the gift-giving mix and you'll have happy kids.

Christmas can be a tough time of year for single parents. Getting on the front foot from an organisational point of view will stand you in good stead for managing the physical, logistical and emotional demands December brings.

Just keep swimming. You got this.



Penny Webb

Penny Webb is the Publisher and Editor of Lift, the e-magazine for mums flying solo. After her marriage broke down, she moved her two sons to the Southern Highlands of NSW and started a new life. So far so good! Check out Lift Magazine at www.liftmagazine.com.au and connect online via Instagram @lift_magazine and Facebook www.facebook.com/liftmagazine.com.au.

Murwillumbah East

Public School

Term 4 Calendar

5	6th November	7th November	8th November Stage 2 Camp Goodenough	9th November Stage 2 Camp Goodenough	10th November Stage 2 Camp Goodenough	11/12th
6	13th November	14th November 7:00 pm P&C Meeting	15th November Volunteer's Breakfast - 8.30am	16th November	17th November	18/19th
7	20th November	21st November	22nd November Last Day for Wednesday Learning Ladder	23rd November Last Day for Thursday Learning Ladder	24th November	25/26th
8	27th November	28th November Last scripture lesson	29th November	30th November	1st December	2/3rd
9	4th December WHS Parent Information Evening	5th December MHS Yr 6 to 7 Transition Day. WHS Yr 6 to 7 Transition Day.	6th December MHS Yr 6 to 7 Transition Day. Stage 1 Pool day at OASIS Pools .	7th December	8th December	9/10th
10	11th December Year 6 Assembly Year 6 Farewell	12th December STAGE 2 & 3 Pool Day.	13th December School Presentation Assemblies.	14th December MEPS Factor	15th December Last day for students & staff Year 6 ringing of the bell	16/17

Term 1 2018 Calendar

1	29th January Staff development Day - no students	30th January Students Return	31st January	1st February	2nd February	3/4
2	5th February	6th February	7th February	8th February	9th February	10/11

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