Dear Parents and Carers

Public Speaking

Last Thursday our annual school public Speaking finals were held and I was so impressed with the presentation and performance of our students. They are to be commended for their effort and congratulated on their speeches. It takes a great deal of courage and preparation for many students to take that leap to the stage. Congratulations to Jake our Senior winner and Phoenix our Junior Winner.

Multicultural Public Speaking

Good luck to our Multicultural Public Speakers Jake, Tristan, Pia and May who will be competing at Byron Bay Public School on Wednesday 17th June. This is a great opportunity and well deserved by the students who are attending. The research and preparation that goes into preparing for this experience is extensive.

NAIDOC Assembly

Four of our students have been involved in an Indigenous Cultural Dance Program. They have been practising two days a week for the last 4 weeks and their performance is excellent. I look forward to seeing them present with their fellow Deadly Dancers at our NAIDOC Assembly on Tuesday 23rd June at 10am.

NATIONALLY CONSISTENT COLLECTION OF DATA

Our school will soon be participating in the Nationally Consistent Collection of Data for students with disability. The Federal Government, through the Department of Education and Communities,
is determining how many students in Australian Schools have a disability determined under the definition with the Disability Discrimination Act (DDA). This definition is quite broad and includes students that not only have disabilities that most people are aware of, but also children that may require additional support such as those students with learning difficulties like writing or reading difficulties e.g. dyslexia etc.

The government will use this information to better target funding and resources for those students who require additional support. Please note that there is no information that is sent in the collection process about individual students. The collection does not include names or personal information. The only information we send in is the total number of students we have in the school that have a disability under the definition of the DDA and the level of support that we currently provide for them.

Further information can be found at:


### Sporting successes

Congratulations Menna on your achievement of 9th place at the North Coast Cross Country in Kempsey. This is a fantastic effort as the competition and experience at this level increases significantly.

Congratulations also to Yoshi who has been offered a position on the North Coast Rugby Union Team and is now off to compete for a position on the state team. Best of luck Yoshi!

Have a great week.

Danielle Haywood

---

### World Environment Day

Thank you to all those creative souls out there for participating in the Art Ministry’s World Environment Day art competition.

All entries have been placed on display in the library. Congratulations to our winners Jasmine, Pia, Aylee, Felix, Olivia, Max, Nicholas, Harry, Akira, Alice, Sophie, Amelia and Laila.

### Nude Food Day

Mullumbimby P.S is having a Nude Food day on Wednesday 24th June (next week). This is a focus on building greater understanding about the effects of rubbish/waste on the health of our environment. Nude Food Day is an ideal way in which to engage the students in activities relating to waste reduction, recycling and their connection to the health of our environment and good food choices.

This means that students should have their lunch packed in recyclable and reusable containers, reducing their waste in our environment.

---

### Canteen News

**FRIDAY:** Pikelets! 5 for $1  
**ASSISTANTS:** Amanda Ewin & Rebecca Farrell

---

### Uniform Shop News

Open Wednesdays 8:30am to 9:15am. Donations of second hand uniforms greatly appreciated. School hats $5.00 each available from the front office as well.  
**Email:** mpsuniforms@yahoo.com.au
This term in Literacy 1/2B have been reading, writing and discussing the book “Where the Wild Things Are” by Maurice Sendak. The children have written descriptions and created illustrations about ‘Wild Things’.

**WILD THINGS**

Wild Things have enormous sharp, yellow teeth, bulbous, yellow eyes and large white horns. They can stomp very, very loudly and when they speak they ROAR! Wild Things are scary, smelly, dirty and hairy beings. But they love to dance the Rumpus with their friend Max.

By Alexandra

Wild Things have massive, yellow, sharp teeth and large eyes. Wild Things love to show their sharp claws especially when they stomp loudly. They have a long, furry tail and pointy, white horns. Wild Things are Max’s friends.

By Finn

Ivy
PSSA AFL Knockout Gala Day
On Friday our school’s AFL team headed to Byron Bay Sports Complex and Cultural Centre to take on schools from Yamba, Byron Bay, Ocean Shores and the Catholic Primary Schools.
A windy day greeted us. Our 1st game was up against Byron Bay Public School. Unfortunately Byron Bay were too good, however the team gained some excellent experience and later in the day this would prove to be invaluable.

In our next game the boys took on Yamba and although going down by 1 point we had improved as a team and our skill level and understanding of the game was much better. In our next game we took on Ocean Shores and with the 2 games before under our belts we ran out winners by 5 goals.

In our last game we took on the catholic schools and we were also victorious, winning by 4 goals.

A huge thank you to all the boys for their excellent behaviour and sportsmanship (Ryan Diehm especially). Also I would like to thank all the parents for again transporting the students and supporting them on the day.

Mr Lindsay

ENVIRONMENTAL HERO AWARD
Congratulations to this student who respects our environment by working tirelessly as a Waste Warrior.

OUR COMMUNITY NEWS

AFTER SCHOOL AND VACATION CARE: This service is Government subsidised & operates Mon-Fri (3.00pm-6pm) during School Term & Holidays (8am-6pm). Contact Jamie or Zahra: Ph: 0437 860 614.

MULLUMBIMBY PUBLIC SCHOOL: “Playgroup” for Parents and kids (under school age). Every Tuesday morning 9am-11am, during school terms. Join us for a relaxed and friendly morning of interaction and fun activities for the kids.

TERM 2 & 3 MUSIC FOR KIDS: Offer your child the gift of learning to play a musical instrument. Lessons are held at school during school hours. Keyboard/Plano lessons are on offer as well as African Drum and Dance. Lessons consist of music reading, ear training, music creativity, composition, performances as well as training and preparation for AMEB exams. For all enquiries and to enroll email musicforkids.oz@gmail.com or call Joanne on 0422562179. All enquiries are welcome.
Local experts help Northern Rivers parents initiate dialogue with teens

Two of Australia’s leading experts in teenage and family therapy, local psychologists Peter Chown and Michael Hawton, today announced an opportunity for Northern Rivers parents to learn how to effectively hold tough conversations to tackle teenage behavioural issues when they present a two-part seminar, Engaging Adolescents™, at Mullumbimby High School on 1 and 8 August.

Engaging Adolescents™ has already helped over 20,000 parents around Australia and is the only course of its kind in the country. It aims to teach parents of pre-teens how to manage challenges to before they escalate and to provide parents of teens already crossing the line with strategies and solutions to deal with common behavioural problems.

Michael Hawton MAPS is a local psychologist, published author, international speaker and teacher who has primarily worked in the area of child and family therapy including with the United Nations. He has developed several nationally recognised parenting education courses that have helped over 100,000 Australian parents.

Peter Chown MAPS is a respected local psychologist specialising in youth health who has worked with adolescents for 30 years. Prior to moving to the region, he was head of the Outreach Unit for the Children’s Hospital in Sydney. He also consulted in youth health to the United Nations and provided expert advice to Headspace, a national system of mental health services for young people.

Michael Hawton said, “Our aim is to help parents supporting with their children’s behaviour to know how to deal with issues effectively and maintain bonds through the challenging teenage years.”

Principal of Mullumbimby High School, Donna Pearson, said “I would encourage any parent who is interested in a new way of effectively communicating with teenagers to attend this course. It’s sometimes a difficult task for all us parents!”

In the course, parents will learn:

- Common ground shared by parents and how to hold reasonable expectations of a teenager
- New understandings of adolescent brain development
- How to build a healthy relationship with a teenager and make the best of non-crises conversations with them
- Skills for touch conversations to address the problems they cannot ignore
- A handy flow chart for decision-making

The Engaging Adolescents™ program being presented in conjunction with the University of Southern Queensland, which is conducting further research to demonstrate the ways that the course helps parents.

Parents who attend both sessions and participate in the research study by completing a series of short, confidential surveys, may be eligible for a rebate on registration costs.

The Engaging Adolescents™ program will be presented at Mullumbimby High School on Saturdays 1 and 8 August 2015 between 8.30am -12.00pm. Cost $59 per person or $99 for 2 people. Bookings are essential as spaces are limited. Registrations close Friday 19 June 2015.

Parents can find out more and register at Parentshop.com.au.

- ENDS -

For media interviews and images contact:
Michael Hawton at Parentshop Pty Ltd
P: 0490 126 208 | e: michael@parentshop.com.au

MEDIA RELEASE
28 MAY 2015
FOR IMMEDIATE USE

Challenging Play - Risky!

Children both need and want to take risks in order to explore their limits, venture into new experiences and for their development. Any injury is distressing for children and those who care for them, but the experience of minor injuries is a universal part of childhood and has a positive role in child development.

An ideal environment allows for developing and testing skills in safe, creative, play. Children need opportunities to:

- Develop skills in negotiating the environment (including risks);
- Learn how to use equipment safety and for its designed purpose;
- Develop coordination and orientation skills;
- Take acceptable risks; and
- Learn about the consequences (positive/negative) of risk taking

Risk does not always have a negative outcome. Many positives can come from taking risks. Therefore, it can be helpful to think of risk being divided into two components:

A CHALLENGE: something obvious to the child where he/she can determine their ability and decide whether to take that risk.

A HAZARD: something unseen or not obvious to the child that often results in injury!

Both are Risks

MANAGING RISK AND CHALLENGE

Effective risk assessment and management requires:

- Distinguishing between acceptable and unacceptable risks including;
- The likelihood of coming to harm;
- The severity of that harm; and
- The benefits, rewards or outcomes of the activity.

- Observing the children and identifying those who need greater challenge or specific support;

- Establishing and displaying expectations for behaviour;

- Actively encourage children to assess risks and possible consequences;

- Establish a systematic maintenance program

BENEFITS OF RISK TAKING

When considering the benefits, rewards or outcomes of the activity you may include the following:

- Pleasure;
- Development of self-confidence and well-being;
- Engagement with the natural environment and natural elements;
- Learning through experience;
- Mixing between different age ranges

By weighing up the positives as well as the negatives of a risk in a playground, providers are more likely to be able to provide for managed risk which is engaging, developmentally appropriate and beneficial for children of all ages.

For: http://www.kidsnews.org/parent-risk/