

Dear Parents and Community Members

## INTERVIEWS

Thank you to those parents who were able to attend interviews to discuss their child/children's reports. They were very successful and it was a wonderful opportunity to discuss concerns with parents.

## AUDIO SYSTEM

Thank you to the P&C who last night agreed to fund a new audio system for the school. This will make concerts and like events much better as the children will be more easily heard.

Regards

Lyndy Richmond  
Principal

## Athletics Carnival - CHANGE OF DATE!!

- When: Friday, 11<sup>th</sup> September 2015  
Where: Southern Cross oval  
Time: 9.30 a.m. - 3.00 p.m.  
Can students be at the oval by 9.15 a.m for a 9.30 sharp start.  
Who: Students in Years P-6  
Transport: Parents to transport students to and from Southern Cross oval.  
Wear: School uniform (sports shirt), hat, enclosed shoes  
Take: Morning Tea  
Lunch: If not picnicking with parents.  
Water bottle/s  
Clothing for inclement weather  
School will be taking all students hats and provide sunscreen.



- SHADE** We are looking for someone to pick up the shade tent from the tennis club. Please contact the school if you can help.
- HELPERS** Helpers to hand out ribbons and to measure at the long jump pits. Please contact the school if you can help.

## SCHOOL PHOTOS

Photo day is Tuesday 18<sup>th</sup> August 2015. Photo envelopes have been given to the children, could these please be returned to the school prior to Photo Day together with payment. Can you please return your envelope even if you do not wish to purchase any school photos? Also if you wish to have sibling photos taken please contact Josie and she will send an envelope home for you to complete. Children are to wear the school's sports uniform.

## THANK YOU

Thank you to all those parents who met buses on Friday so as to avoid the buses travelling on flooded roads.

## UPCOMING EVENTS

Monday	10 <sup>th</sup> August 2015	PEAC Testing School Council/Finance Meeting Staff Room 2.30 PM
Tuesday	18 <sup>th</sup> August 2015	Fotoworks School Photos
Saturday	29 <sup>th</sup> August 2015	Yilgarn Agricultural Show
Monday	7 <sup>th</sup> September 2015	Izzy Visit
Friday	11 <sup>th</sup> September 2015	YSSSA Athletics

## ART AND CRAFT

The following items are needed for some craft projects during Term 4. If you have spares at home, please send them into school.

Photo frames (with glass)

- Up to 30 cm
- Any shape
- Any condition

Plastic bags

- E.g. IGA, Coles, Target, Myers, Big W
- Mainly white - a little colour is ok
- If possible, please flatten and smooth

Bottle tops - all colours - from milk and juice bottles.

## BIRTHDAYS

No Birthdays for this fortnight.



## AWARDS Term 3 Week 2

Jaden Eiffler	for working hard on all class activities this week and for presenting some great work.
Amy Rose	for the fantastic mail box she made and the thought that went into it.
Noah Della Bosca	for an improvement in work ethic this week.
Keely Lowe	for fantastic work with multiplication.
Clay Kent	for his excellent results in his "Earth and Space" Science Test.

## STUDENT COUNCILLORS

Thank you for Clay Kent, Andrew Steel and Drew Zweck for their fantastic effort as councillors in Semester 1.

Congratulations to our student councillors for Semester 2 - Kathleen Harvey, Cassidy Della Bosca and Angus Irving.





Poetry and Short Story Competition of 2015

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ATTENTION!! ATTENTION!! ATTENTION!!

The 2015 Schools Writing Competition IS NOW OPEN!!

Go to <http://www.write4fun.net/> for more information.



### **Nutrition and breastfeeding**

Having a new baby is an exciting but busy time! Mums must remember to look after themselves as well as their babies. Did you know that what you eat can affect your milk supply when breastfeeding? In fact, it can affect not only how much milk you are producing but also the quality of it too. Try to remember to eat a wide variety of foods from the five food groups, limit your intake of processed foods and foods high in added sugar and fat, and drink plenty of water.

Mums that are breastfeeding should be eating more than they were when pregnant. In most cases all you need to do is add an extra snack to your day. Try one of these healthy snacks to get you started:

- Yoghurt
- Fruit toast
- Fruit - fresh, tinned in natural juice, dried
- Nuts
- Home-made fruit smoothies
- Vegetables sticks or crackers with salsa, hummus, cottage cheese, or tzatziki dip

Plan ahead so there are always healthy meals and snack choices in the house and always keep a water bottle with you throughout the day- you need to drink about 9 cups of water a day while you are breastfeeding.

New and expecting mums can now access a range of excellent resources to assist them with knowing what to eat while they are breastfeeding. To gain a copy of the resources, contact your child health nurse or phone your local Primary Health Service on 9041 0444.

## VACSWIM ENROLMENTS

Planning is now underway for the 2015/16 VacSwim Programs. The dates for the October, Early Start and January Programs are now confirmed and can be viewed on the [Programs and Locations page](#). The specific lesson times and locations will be published closer to the enrolment period.

Note that VacSwim is not conducted in April and July holidays.

### *Important information before enrolling*

#### *Minimum age to participate in VacSwim*

VacSwim is open to all Western Australian children aged between 5 and 17 years. Children must be **five years** on the first day and under 18 years on the final day of the nominated program.

#### *Payment options*

You will need to make a payment to secure your enrolment. To enrol [online](#) you will require a credit card. VISA or MasterCard are accepted. If you do not have a credit card you can enrol by post. You must post your completed form/s with a cheque or money order made out to the Department of Education.

#### *Family enrolment fee*

The family enrolment fee, only applies to three or more immediate family members or a blended family living **permanently** at the same address. Enrolments for extended family (eg: cousins) or friends' **must** be created separately and may be grouped with yours by following the on screen instructions.

#### *Security and online payments*

Once you have entered your enrolment details on the VacSwim website you are automatically directed to the Commonwealth Bank secure payment site. Your credit card details are entered on this secure site. VacSwim does not have access to these details. Once your payment has been accepted/declined you are then automatically re-directed back to the VacSwim website.

It is important that once you have completed your payment details and **clicked YES** to leave the bank's secure website, **you wait** and **NOT exit** until you are automatically returned to the VacSwim website where you will receive a Payment Successful Advice and your Online Identification Number (begins with the letters WR). Failure to complete this procedure may void your enrolment. It is strongly recommended that you print the advice to keep as your record of the transaction.

#### *Venue availability*

View [Latest News](#) for venue availability, closing dates for online enrolments and late enrolment information prior to making your enrolment.

Presented by **Dowerin Community Childcare** & *The Shire of Dowerin*

# From the Sandpit to Adulthood

Helping today's children to thrive

with **Maggie Dent**



Every parent wants their children to thrive — to grow up happy, healthy, strong, kind and capable of realising their full potential. In this seminar, parenting author, educator and resilience specialist Maggie Dent explores the 10 keys to parenting that support this goal. She acknowledges there is no “perfect” and that challenge, adversity and failure can actually help our kids grow stronger and smarter.

**Venue:** Dowerin Community Club, Dowerin WA

**Date:** Wednesday 23rd Sept 2015

**Time:** 6:30pm-8:30pm

**Ticket:** \$25 (includes soup & sandwiches for dinner plus coffee & cake for supper)

**RSVP:** to [gemmaacoumbe@westnet.com.au](mailto:gemmaacoumbe@westnet.com.au) by Friday 11th September



[www.maggiedent.com](http://www.maggiedent.com)

**Maggie Dent**  
*quietly improving lives*



### **Getting a good night's sleep!**

Bed time can be a difficult time for some, especially in younger children. But a good night's sleep can mean the child is settled, happy and ready for the school day

The recommendations for school children are between 10 and 11 hours of sleep each night. A child should be tired after a day at school but it is very important to establish a bedtime routine. A bedtime routine in your house could be:

- 6.30pm: Put on pyjamas, brush teeth and go to toilet
- 7.00pm: Reading a story or having quiet time. The use of technology before bed time is not recommended.
- 7.15-7.30pm: Goodnight and lights out

If your child is still having trouble falling asleep or staying asleep, you could try some of the following tips:

- Avoid nap times for older children over the age of 5
- Encourage children to go to bed and wake up at similar times to establish a habit
- Help children to relax before bed time which could include a bath or reading a story
- Make sure your child feels safe at night using a night light and avoiding scary movies or stories
- Provide a dark, quiet and private space for your child to sleep

For more information on how to get your children to sleep better visit the Raising Children's Network website: [http://raisingchildren.net.au/articles/good\\_sleep\\_habits\\_tips.html/context/618](http://raisingchildren.net.au/articles/good_sleep_habits_tips.html/context/618)

Alternatively, you can speak to your School Health Nurse.