

Dear Parents and Community Members



## **NAPLAN**

The NAPLAN results are now available. Individual reports will be sent home this week. Results are as expected. Staff will look closely at all results with a view to identifying areas needing attention in 2016.

## **PRACTICE, PRACTICE, PRACTICE**

Sports carnival practice is continuing with emphasis on our team games. In the near future, children will be run off for their age races.

## **CUBBY HOUSE**

Where else but at MRPS, would you see children of all ages building a cubby at recess and lunch breaks. Such creativity. Fantastic!



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.

### Upcoming Events

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

Please save bottle tops - all colours - from milk and juice bottles.

### BIRTHDAYS

No Birthdays for this fortnight.



### AWARDS Term 3 Week 5

Patrick for an excellent sketch based on the "My Place" story.  
Rose for writing an excellent biography based on the "My Place" story.  
Mikayla Auld for the fantastic progress he is making with recognising sight words.  
Regan Auld for always displaying wonderful manners at school  
Reece Jackson for his continual enthusiasm for Science and always being a helpful class member.  
Patrick Rose



## Healthy foods for healthy bones!

National Healthy Bones Week runs from the 4<sup>th</sup> - 10<sup>th</sup> of August. This week is all about raising the awareness of calcium rich foods that we can eat to develop and maintain healthy bones and to ward off diseases such as osteoporosis down the track. Research has also shown that foods high in calcium, such as milk, cheese and yoghurt, can also protect us against heart disease, stroke, type 2 diabetes, high blood pressure and some cancers.

The dietary guidelines for eating dairy suggest that children aged 4-8 should be eating 1.5 to 2 serves a day and children aged 9-11 should be eating 2.5 to 3 serves a day.

One serve of dairy is the equivalent to:

- 1 cup (250ml) of milk
- 2 slices (40g) of cheese
- $\frac{3}{4}$  cup (200g) of yoghurt
- $\frac{1}{2}$  cup (120g) of ricotta

Reduced fat varieties are recommended except for babies under the age of 2 who should always have full fat for their growth and development.

For adults and children who have lactose intolerances dairy should not be avoided. Low-lactose and lactose-free milks and yoghurts are available. Cheese doesn't contain very much lactose, so it shouldn't be a problem for most people with an intolerance.

If you or your child has a dairy intolerance that you would like help with, you can make an appointment with the Dietitian at your local Primary Health Service by phoning 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*