

Dear Parents and Community Members



We, at Moorine Rock want to help Cancer research so we are hosting a morning tea on

Friday, 26th June 2015.

It is easy to get involved ...

- Students come in mufti and donate a gold coin.
- Parents and students prepare some morning tea for all to share. It can come on the bus if parents are not attending the assembly.
- Food can be heated if necessary.
- Everyone enjoys morning tea.

UPCOMING EVENTS

19.06.15	Basketball Clinic - Sam Goodhill - students need appropriate footwear.		
26.06.15	Term Assembly	Biggest Morning Tea	Basketball Clinic
01.07.15	NAIDOC Day		
03.07.15	Reports go out	Last day of term	
20.07.15	Students and teachers return.		

END OF TERM ASSEMBLY

Please join us for our end of term assembly on Friday, 26th June 2015 commencing at 9.00 AM. Following the assembly, we will join together for the Biggest Morning Tea. Students will then participate in a basketball clinic.

NAIDOC

MRPS will be celebrating NAIDOC Day on Wednesday, 1st July 2015. Students will rotate through four activities from 9.00 o'clock. Parents are welcome to attend. Could be a messy day!

KINDERGARTEN TERMS 3 AND 4 2015

Kindy days will change in Term 3 and 4 due to availability of staff. Students will attend Monday, Tuesday and Thursday.

HOMEWORK POLICY

The Homework Policy has been updated. Please see email that is being sent home.

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

UNIFORMS TO GIVE AWAY - Please contact the school

Size 4 green shorts	Size 6	Size 6 airflow shorts
yellow polo shirt with logo x 2		Size 6 track pants x 2
Size 6 yellow skivvy		Size 8 jumper without logo
Size 6 Yellow polo shirt		Size 8 skort x 1
without logo x 4		Size 8 pleated sports skirt
Size 6 sports shirt		Size 8 track pants x 1
Size 6 stubbies shorts x 4		

BIRTHDAYS

Students

No birthdays for this fortnight



MERREDIN MOBILE DENTAL VAN

Phone 0459241543

- The Dental Van is currently at Southern Cross District High School.
- We anticipate being at Southern Cross for four weeks.
- Your child will be issued with a dental appointment and we ask that a Parent or Guardian attend that initial appointment.
- Please contact us as soon as possible if you wish to change or cancel any appointment.
- We look forward to meeting you all.

Kay Meyer and Kerry Law
Dental Staff

AWARDS Term 2 Week 8 2015

Tayla Della Bosca	for the improvement she has shown in putting more detail into her work.
Brodie Eiffler	for always being a polite and friendly class member.
Patrick Rose	for always being a helpful and considerate class member.
Keely Lowe	for completing an excellent research on Hungary in her European passport.

HENS FREE RANGE LAYING

\$10 each 10 for \$90 or 20 for \$140
FREE DELIVERY Monday 6 July
Moorine Rock, Bodallin, Carrabin and Westonia
98443485





The harms of passive smoking

In 2010, legislation was passed which states smoking is banned in vehicles in Western Australia if a child under 17 years old is present. The penalty for this offence is minimum \$200 fine. This legislation is to protect children from second hand smoke which occurs when you breathe in another person's smoke (also called passive smoking).

Passive smoking, just like smoking a cigarette, can cause a number of serious diseases and illness. Children are more vulnerable because their bodies are still growing and developing.

In addition, women who are pregnant and their unborn children are also at risk if they smoke or are around other people who smoke. The toxins in cigarettes and cigarette smoke can affect how much oxygen reaches the unborn baby which means they not get all the nutrients that it needs for health growth and development.

If you or someone you know would like to quit smoking, you can join the Wheatbelt Quit Smoking Program. The Wheatbelt Quit Smoking Program provides three types of support to help people quit smoking including advice on Nicotine Replacement Therapy, motivational text or email messages and a *Fresh Start* quit course.

If you are interested in participating in the Wheatbelt Quit Smoking Program or would like more information about quit options, please contact the Senior Health Promotion Officer at Wheatbelt Public Health Unit on 9622 4320.

Quick tip:

What foods do you find sugar in that you don't know about? Reading food labels can be confusing. Other names for sugar include: Sucrose, glucose, high fructose corn syrup, maltose, dextrose, raw sugar, cane sugar, malt extract, molasses, any 'syrup', fruit juice concentrate. Keep this in mind when reading food labels.

Mexican mince- nachos style



Ingredients

- 1 tsp canola oil
- 1 onion, chopped
- 3 cloves garlic, finely chopped
- 250 g beef mince
- 1 medium zucchini, grated
- 2 medium carrots, grated
- 400 g can no-added-salt red kidney beans, drained and rinsed
- 400 g can no-added-salt diced tomatoes
- 1 tbs sweet chilli sauce
- 2 tbs paprika
- 1 tbs ground cumin
- 1 tbs ground coriander
- 1 tbs chilli flakes, optional
- See serving suggestion

Method

1. Heat oil in a large frypan and fry onion, garlic and mince for about 5 minutes, till onions are clear and meat is browned.
2. Add the rest of the ingredients and simmer for 10 minutes with the lid off, stirring occasionally

Serving suggestion:

Use scissors to cut up a tortilla or flat bread into triangle shapes. Cook in the oven (10 minutes at 180° C) or in a sandwich press until golden and crunchy. Top these crispy triangles with a spoonful of Mexican Mince, a sprinkle of reduced-fat cheese and a spoonful of low-fat natural yoghurt. Add spring onions and chilli flakes for extra spice.

Variation: See the Mexican Toastie, Burrito and Loaded Potato recipes for more ideas about what to do with this basic mince.

Comment: Double the recipe and freeze individual portions for an easy dinner another day.



SXDHS P&C

DISCO

Friday, 26th June 2015

Complex Lounge

6.30pm to 9.00pm

(Children under 10 to be supervised by parent)

\$2.00 entry fee

Sausage Sizzle, Cool drinks, Chips & Lollies on sale

****Glow products also on sale****

