UPCOMING EVENTS AND REMINDERS

<table>
<thead>
<tr>
<th>CITY</th>
<th>DATE</th>
<th>TIME</th>
<th>EVENT</th>
</tr>
</thead>
<tbody>
<tr>
<td>FRIDAY</td>
<td>08/04</td>
<td>8.45am</td>
<td>Year One Prayer Assembly</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Fair Meeting after Assembly in Convent (Everyone Welcome)</td>
</tr>
<tr>
<td>SATURDAY</td>
<td>09/04</td>
<td></td>
<td>SCHOOL HOLIDAYS COMMENCE</td>
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<tr>
<td>MONDAY</td>
<td>25/04</td>
<td></td>
<td>ANZAC DAY PUBLIC HOLIDAY</td>
</tr>
<tr>
<td>TUESDAY</td>
<td>26/04</td>
<td>9am</td>
<td>Term Two Commences</td>
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<td></td>
<td></td>
<td></td>
<td>ANZAC Assembly</td>
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<tr>
<td>WEDNESDAY</td>
<td>27/04</td>
<td></td>
<td>‘You Can Do It’ Program Launch Kindy - Yr 6 students to wear faction sports polo</td>
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MARK THIS DATE !!!
Friday 6 May

There will be a morning tea to celebrate Mother’s Day following the Pre Primary Prayer Liturgy on this date.

More information will be sent out next Term.

PINJARRA DENTAL THERAPY CENTRE
APRIL SCHOOL HOLIDAYS 2016

The Pinjarra Dental Therapy will be open on the first week of the School Holidays. Monday 11.4.16 to Friday 15.4.16.

The Clinic will be closed the second week of the holidays. Emergency clinic for this week will be: Meadow Springs Dental Therapy Centre Phone: 9584 2478

Enjoy your holidays and keep your teeth happy - brush twice a day!

CANTEEN ROSTER

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<th>CITY</th>
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<tbody>
<tr>
<td>FRIDAY</td>
<td>08/04</td>
<td></td>
<td>Kirsten Greenham</td>
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<td></td>
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<td>Cakes: Kirsten Greenham</td>
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</tbody>
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Applications are invited from Aboriginal families who would like their children to receive a Catholic secondary education in **Year 7, 2017.**

Bursaries to assist with the cost of tuition fees will be provided at Mandurah Catholic College. The bursaries are intended to recognise commitment to schooling by Aboriginal students as well as assist Aboriginal students who might be denied a Catholic secondary education because of financial circumstances.

Applicants must be of Aboriginal or Torres Strait Islander descent and have a desire to be educated in the Catholic education system. It is expected that applicants have established strong foundations for learning and aspire to complete Year 12.

Information and application forms are available from the College’s website [http://web.mcc.wa.edu.au/](http://web.mcc.wa.edu.au/) or by contact the College on 9531 9500.

Parents/guardians of eligible students are invited to lodge an application by the closing date, **Friday, 29 April, 2016** for consideration.

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From now till the school fair Mikaela’s Photography is offering up to 1 hour outdoor Photoshoots for $125 including photos on CD with part proceeds going to St Joseph’s school.

If you would like to book please contact Mikaela on 0417 917 794 as there will be limited dates available. You can find some of my work on my Facebook page ‘Mikaela’s Photography’
Tuning in to Kids

Emotionally Intelligent Parenting

FREE IN SCHOOL 1 HOUR INFORMATION SEMINAR 3:30pm
Thursday 5th May
Seminar at St Josephs is open to Dads, Mums, Grandparents....Everyone!

Come along and listen if you are interested in hearing what services are available in the Pinjarra area.....e.g. Crisis Intervention, Referral services etc.

Also a six session parenting program for parents of children aged 3 – 9 years old

Where: Pinjarra Community Resource Centre
14 James Street, Pinjarra WA 6208

When: 19, 26 May and 2, 9, 16, 23 June 2016

Time: 6:30pm – 8:30pm
Cost: Free
Contact: Relationships Australia - 6164 0600 or 4families.mandurah@relationshipswa.org.au
MANAGING A FIFO LIFESTYLE

Information Night for Parents
Mandurah Catholic College Parents + Friends Association invite you to participate in a workshop-style information night presented by Relationships Australia Community Education facilitator, Mark Burrage.

31 May 2016
6.30pm to 8.30pm
Mandurah Catholic College, Coodanup Drive, Mandurah

The topics covered include:
➤ Strategies for managing a FIFO/DIDO lifestyle
➤ How to discuss expectations when your FIFO partner comes home
➤ The emotional cycle and how best to approach it
➤ How to support the children effectively
➤ Tips on improving your FIFO relationship

Refreshments and course material/handouts provided.

Bookings via https://www.trybooking.com/KZOJ
Enquiries to: pf@mcc.wa.edu.au

THIS EVENT IS FREE OF CHARGE PROUDLY BROUGHT TO YOU BY MCC P+F
Childminding services will be provided on the night

About our presenter...
MARK BURRAGE

Mark Burrage has been actively running workshops and courses for over 30 years. Over the last 22 years he has focused specifically on relationship workshops. He is passionate about helping people to improve their relationships and specialises in helping men and women work with each other to recognise the strengths of their differences.

He has worked in many different areas of the community services network including mental health, disability and aged care.

Mark is currently the Coordinator for Community Education in Mandurah working for Relationships Australia, a role he has held for the last 3 years. He has helped many FIFO couples work together more effectively to improve their relationship within the confines of a FIFO lifestyle.

He also regularly runs many other workshops including Communication for Couples, Improving Stepfamilies, Anger Management, Dads & Daughters and New Mums & Dads.
HEALTHY EARS PROGRAM
Healthy Ears Hear Better

BLOW, BREATHE, COUGH!

Dear Parent/Guardian,

Colds are more common in young children than adults and they often cause infection in the middle ear. This can lead to temporary hearing loss due to fluid build-up. Normally this fluid drains away after an infection but can sometimes persist and cause “GLUE EAR”.

I have shown the children a BLOW, BREATHE, COUGH program, which involves a 5-10 minute session of aerobic exercise, deep breathing and nose blowing. This has been shown to be effective in lessening fluid build-up in the middle ear (glue ear).

To compliment this program I have attached an easy to follow demonstration sheet that can be placed on the fridge so the students can practice at home. Remind them to blow until its empty.

We have also run through general hygiene, hand washing, brushing teeth and sun protection.

Ingrid De Jong-Somerville
SCHOOL HEALTH NURSE

BLOW, BREATHE AND COUGH

- Get a tissue
- Blow one side of your nose
- Blow the other side of your nose
- Check the first side
- Check the second side
- Put the tissue in the bin
- Pop your ears
- Cough into one hand
- Cough into the other hand
- Five deep breaths

NOW DO YOUR EXERCISES!!!

- Jogging
- Star jumps
- Flop down and swinging your arms

Go back to the start and BLOW, BREATHE and COUGH
Do these at least three times!
Engaging Adolescents

A two session parenting program for parents of children aged 10–16 yrs

Would you like to learn more about:

- adolescent development
- setting realistic boundaries
- what is worth responding to
- holding difficult conversations
- how to strengthen parent – teen relationships

Presented by: DLGC Parenting WA - Peel

Where: The Parents Place, 63 Ormsby Terrace Mandurah

Dates: 2rd 9th 16th May

Time: 6.15 – 9pm

Cost: No charge

Please phone to book on 9583 9806 or email Joanne.hambly@dlgc.wa.gov.au to register your interest.
Murray Leisure Centre
School Holiday Programs
April 2016

Intensive Swim Squad
Week 1
11 – 15 April
Week 2
18 – 22 April
- Stages 1 & 2 – 10.00am – 10.30am
- Stages 3 & 4 – 10.35am – 11.05am
- Stages 5 & 6 – 11.10am – 11.40am
- Stages 7,8,9 – 11.45am – 12.15pm

These school holidays Murray Leisure Centre will be providing intensive Swimming Lessons for children in Stages 1 – 6. This is a great opportunity for students to advance their skills, keep physically fit and have a whole heap of fun at the same time. If your child is not currently attending Murray Leisure Centre swimming lessons please contact Joanne Allen (Aquatic Education Supervisor) to arrange an assessment for your child prior to the commencement of the course. Fee $55.00 per student

Teen DIY Spa Workshop
Friday 15 April
11.00am - 12.30pm
Ages 11 - 14 years
Learn how to make your own lip gloss, body scrub and bath bombs.
Fee $15.00 each

Junior Cooking Class
Tuesday 19 April
11.00am - 12.30pm
Ages 5 - 10 years
Children will make and decorate their own fishy cupcakes with the assistance of our friendly creche staff.
Fee $15.00 each

Origami Butterfly Mobile
Thursday 21 April
11.00am - 12.30pm
Ages 7 - 11 years
Learn the Japanese art of folding paper into decorative shapes and figures. In this workshop you will fold and make a beautiful butterfly mobile perfect to decorate any child’s room.
Fee $15.00 each

"Murray Leisure Centre - where everyone is included"

Bookings & Enquiries phone (08) 9531 2000
or email mailbag@murray.wa.gov.au

www.murray.wa.gov.au
www.facebook.com/murrayleisurecentre