UPCOMING EVENTS AND REMINDERS

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Event</th>
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<tbody>
<tr>
<td>SUNDAY</td>
<td>01/05</td>
<td>10am St Augustine’s Mass with Children’s Liturgy</td>
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<tr>
<td>WEDNESDAY</td>
<td>04/05</td>
<td>5pm Reconciliation Meeting for Parents and Children - O’Connor Parish Centre</td>
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<td>THURSDAY</td>
<td>05/05</td>
<td>8.45 Rosary Yr 1—Yr 6, 3.30pm Free Relationships Australia Parent Info Seminar</td>
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<td>FRIDAY</td>
<td>06/05</td>
<td>8.40am PP Mother’s Day Liturgy in the Church - morning tea afterwards</td>
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<tr>
<td>SUNDAY</td>
<td>08/05</td>
<td>10am St Augustine’s Mass Mother’s Day</td>
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UNIFORM NEWS

Due to issues with our suppliers, some sizes of the winter jumper may be unavailable to purchase at this time. Anyone affected by this will be allowed to wear the sports tracksuit top until the order arrives. We are anticipating the jumpers will arrive late May. Please inform your child’s teacher or the office if this affects your child.

MOTHER’S DAY LITURGY AND MORNING TEA

**Friday 6 May**

There will be a morning tea to celebrate Mother’s Day following the Pre-Primary Mother’s Day Liturgy. ALL mother’s are most welcome.

JARS! JARS! JARS!

We are in need of clean jars with the labels removed for the fair. You may drop them off at the front office.

CANTEEN ROSTER

<table>
<thead>
<tr>
<th>Day</th>
<th>Date</th>
<th>Name</th>
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<tbody>
<tr>
<td>FRIDAY</td>
<td>29/04</td>
<td>Kirsten Greenham</td>
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<td>Cakes: Kirsten Greenham</td>
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Saint Joeys School Fair
Saturday 4th of June 2016
9am start

With a little over 5 weeks to go until our fair day we are starting to get geared up and therefore need lots of people to come and help. If you could lend a hand we would appreciate it very much as many hands make light work. Please note we are not having a trash and treasure this year.

Below are a few dates, times and items we require help with.

**Produce Cooking Days** *(Lunch, coffee and chats provided free)*

Cooking dates and times:

- Thursday/ Friday 12th/13th May 2016 Apple Pies
- Monday/ Tuesday 16th/17th May 2016 Pasties

9:30am until school pick up.

Cooking venue:

Karen’s House ......227 Brownes Lane, Coolup

Please bring an apron, peeler, board, knives and rolling pin. There are a huge variety of jobs to do on a cooking day so if you can’t roll out pastry we will definitely have something else for you to do.

**Plants**

Please pot up any plants you may have which we can sell on our plant stall. If you would like to drop any of these off please put them on the back lawn of the convent.
**Chocolate Wheel**

Our chocolate wheel provides a great opportunity for you to promote your business. In exchange for donating an item to be used as a prize on our chocolate wheel we will provide a prominently displayed board with an advertising flyer for your business ranging in size from a business card through to an A4 size piece of paper. In addition to this, our fantastic spruikers on the day will also spruik your business. What more could you ask for?

**Stalls**

This year we are selling stall space in the middle of our oval for individual businesses to sell their own wares. If you feel this is something you might like to try, the stalls are $20 each and they will be a standard gazebo size. Please contact Deb Gundry on gundry.debbie@cathednet.wa.edu.au to reserve a site.

**Car Boot Sale**

On the basketball courts this year we are going to have a car boot sale so come and reserve a site and get rid of some of your unwanted goodies. Sites are $15 per car and can be booked on the above email.

**Items required** (These can be left at the front office)

1 litre plastic bottles

Glass jars & lids – Cleaned with labels removed

Thanks for your assistance.

**Sponsors**

These individuals and businesses supported our fair for 2015 so please keep them in mind when you need services in their area.
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.

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 - 6364 9600 or
4families.mandurah@relationships.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, Goolnap Drive, Mandurah

The topics covered include:
➤ Strategies for managing a FIFO/Lifestyle
➤ How to discuss expectations when your FIFO partner comes home
➤ The emotional cycle and how to break it down
➤ How to support the children effectively
➤ Tips on improving your FIFO relationship
Refunds and course materials/handouts provided.

Bookings via https://www.trybooking.com/CDJU
Enquiries to: pf@catholicwa.edu.au

This event is free of charge. Proudly brought to you by MOC PFV
Childminding services will be provided on the night.

Healthy Ears Program
Healthy Ears, Healthy Ear, Cough!

Dear Parents/Guardians,

Colds are more common in young children than adults and they 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 devised the children's BLOW, BREATHE, COUGH program, which involves a 5-10 minute session of simple exercises - deep breathing and nose blowing. This has been shown to be effective in reducing fluid build up in the middle ear (glue ear).

To complement 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 it's 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
- Flip down and swinging your arms

Go back to the start and BLOW, BREATHE and COUGH
Do these at least three times!
Volunteer Sundowner and Awards

The Shire of Murray will host its annual Volunteer Sundowner and Awards from 4:00pm - 6:00pm on Tuesday 10 May, 2016 at the Shire of Murray Administration building. The evening celebrates the work of volunteers across the Shire of Murray. Canapes, nibbles and drinks provided.

Nominations

In order to ensure that Shire volunteers are recognised for their efforts and dedication, community groups and local sporting clubs are encouraged to nominate exceptional volunteers for the 2016 Shire of Murray Volunteer Awards.

Award categories include:
- Recognition of Service to the Community 10 and 20 years of service
- Young Volunteer of the Year - for volunteers 25 years and under.
- Volunteer of the Year - for volunteers over 25.

To submit a nomination please complete and return this form to:

Mail:
2016 Shire of Murray Volunteer Awards
PO Box 21
Pinjarra WA 6208

Email: mailbag@murray.wa.gov.au

For assistance please contact the Sally Donkin on (08) 9531 7724 or ccdol@murray.wa.gov.au.

Nominations close 2 May, 2016.

Cancer Council
Australia’s Biggest Morning Tea

Please come along and join a fun morning and support this wonderful cause and your chance to win great raffle prizes and join in the auction.

Music performed by Pinjarra Senior High School and Dancing by Swing and Sway

Where: Belswan Lifestyle Estate Clubhouse

Date: Tuesday 24th May 2016

Time: 9.30am-12.30

Entry: $5.00 per person includes a delicious morning tea

Please call 95310365 or email amanda.nulty@belswapinjarra.com.au to book a seat for catering purposes.

Proudly sponsored by

Belswan Lifestyle Estate

BP

Placid Ark