Welcome to the newsletter for this week.

After weeks of speculation and hours of preparation the SCHOOL FAIR finally occurred. What a wonderful and uplifting day for our community. For weeks I have had people within this district and from far away highlighting to me the significance, magnitude and success this event brings to our little school. Well, these people were right on all levels!

The day was an eclectic mix of fun, with an array of activities, a host of goodies to eat and purchase, and a magnificent attendance that reflects the funds raised. As the number one fundraising drive within the school, the success was finally measured in the proceeds raised. I am happy to announce that our P&F raised $14 500!

On a personal level, it astounded me the effort that some members of our parent body put into the successful creation of this day. To all our parent helpers who supported, purchased, made things, setup, cleaned up, etc – thank you so very much! Specific mention needs to go to three tireless workers of humble disposition who don’t seek the recognition, but simply work for the betterment of our students… Thank you so much to Mrs Deb Gundry, Mrs Tamara Harrington and Mrs Kirsten Greenham. The hours and hours you gave of yourselves to the success of this event are greatly appreciated.
Also to our array of student helpers, both past and present, who did their bit to assist on the day. Thank you, well done and congratulations to:

Past students - Jacinta Harley  Renee Dell  Tatiana Cocivera  
Grace Reid  Stephany Hughes  Reef Liddington  
Lucky Rundle  Jessica Barton  Melissa Bolt  

Year Six students - Milly Mathews  Tessa Liddington  Te Uluaki Poasa  
Lily Mae Muir  Amelia Caporaso  Zoe Rundle  
Ethan Greenham  Lachlan Mathews  Angus Mathews  
Mia McClements  Jody Wopereis  Kyan Wopereis  

**NCEC CONFERENCE** - Next week Mrs Ripley and I will be heading off to the ‘National Catholic Education Commission Conference 2016’ in the city, the theme of this conference being *Faith to Lead, Lead to Faith.* Over three days we will be fortunate to hear from high quality representatives within Catholic Education in Australia and participate in workshops regarding current themes/issues in our schools. It is a wonderful opportunity for Western Australia to be hosting this event and provides a great platform for school leaders to gather and collaborate on Catholic school education.

**PARISH MASS ATTENDANCE** - On Wednesday I had the pleasure of attending the weekly 9:30am Parish Mass with Mrs Miller and the Year Six class. Thank you to Father Gayan once again for his gentle and kind demeanour, which resonates so well with our students. Also, to our Parish community, for the welcoming manner in which you greeted our students. It is wonderful to see this connection between Parish and school. A sincere thankyou to our students for respecting the Mass protocols, as well as the ladies and gentlemen within the church congregation on the day.

**HAT POLICY** - There has been a slight variation to our Sunsmart Policy, specifically around the wearing of hats, with the intention to align the Policy with Cancer Council protocols. The adjustment to our policy will now allow our students to play without wearing a hat in the cooler months of June and July while outside at recess and lunchtime.

This is designed to reduce the risk of Vitamin D deficiency. Details around this principle are attached in the newsletter or can be found at the Cancer Council website.

**CROSS COUNTRY** - The annual Cross Country carnival was held last week under threatening skies, but it soon eventuated into a warm, sunny and successful day.

Huge congratulations to all our participants on the manner in which they represented themselves to complete a very challenging fitness task. Special congratulations to our winners on the day and well done to our winning Faction.

Once again, to Mrs Gundry, what can we say? Wonderful work! Mrs Gundry continues to work so hard to provide the best for our students and this carnival is yet another example of this. Thankyou for the genuine care you show to our kids and the professional manner in which you prepared and ran this day.

Please see the final results detailed further into this newsletter.

Heading into the next few weeks before holidays we look forward to the:

**DISCO** - Dancing shoes will be at the ready and dazzling moves on show as students get set to boogie and enjoy the school disco tomorrow, hosted by the P&F.
YEAR FOUR ASSEMBLY - Coming up tomorrow morning. Good luck to all concerned.

LIGHTNING CARNIVAL - All the best to our Year Five and Six students who will head off to Mandurah to participate in the annual Peel schools lightning carnival in the sports of netball, football and volleyball. This is a great opportunity and I know our students will represent themselves in the highest possible manner. This will be held on Friday 24 June.

FIRST HOLY COMMUNION ENROLMENT MASS - Continuing their Faith Journey and in the early stages of preparation for the Sacrament of Holy Communion, some of our Year Four students will demonstrate their commitment to this sacrament on 26 June. On this day they will be participating in an Enrolment Mass at the 10am Parish service at St Augustine’s Church. We wish them well during this special time.

NAIDOC WEEK - This will take place over the course of Week Ten. This is a time when we will celebrate Aboriginal and Torres Strait Islander history, culture and achievements, as well as recognise Indigenous Australians' contributions to our country.

Please remember to keep informed about our Making Jesus Real program and aim to identify with our MJR tips (See weekly focus).

Have a safe and happy week.

Darrin Croft - PRINCIPAL

“Religion is easy. Every time you smile, say please, thanks or sorry, help someone by picking up pencils when they fall on the floor, open a door for someone, give a compliment, etc—you are LIVING your religion. It’s a part of your life—it’s part of who you are. In other words, you are living out being WEST.

REMEMBER TO ALWAYS BE A WESTy!

WEST people are Welcoming, Encouraging, able to say Sorry, and able to say Thanks!
**UPCOMING EVENTS**

<table>
<thead>
<tr>
<th>DAY</th>
<th>DATE</th>
<th>TIME</th>
<th>EVENTS</th>
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<tbody>
<tr>
<td>THURSDAY</td>
<td>16/06</td>
<td>3.30pm</td>
<td>P&amp;F Meeting</td>
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<td>5pm</td>
<td>Board Meeting</td>
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<td>FRIDAY</td>
<td>17/06</td>
<td>8.45am</td>
<td>Year 4 Assembly</td>
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<td>5-6.30pm</td>
<td>P&amp;F Disco Kindy—Year 3</td>
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<td>7-8.30pm</td>
<td>P&amp;F Disco Year 4—Year 6</td>
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<tr>
<td>SUNDAY</td>
<td>19/06</td>
<td>10am</td>
<td>St Augustine’s Mass with children’s liturgy.</td>
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<tr>
<td>FRIDAY</td>
<td>24/06</td>
<td>8.45am</td>
<td>Merit &amp; WOM Assembly</td>
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<td></td>
<td></td>
<td></td>
<td>Lightning Carnival—Mandurah venues</td>
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<tr>
<td>SUNDAY</td>
<td>26/06</td>
<td>10am</td>
<td>Enrolment Mass for first Holy Communion candidates</td>
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**FREE DRESS DAY ON FRIDAY 1 JULY for NAIDOC WEEK 2016**

Please wear colours that represent the Aboriginal or Torres Strait Islander Flags. Gold coin donation in exchange for free dress.

**Aboriginal Flag**
*(Red, Yellow or Black)*

**Torres Strait Islander Flag**
*(Leaf green, blue, white or black)*

All donations go to the Australian Literacy & Numeracy Foundation (ANLF) for the *Wall of Hands Project*—delivering literacy programs in Indigenous communities across Australia.

Thank you everyone for your support!

**CROSSING SAFELY AT GEORGE STREET:**
When crossing George Street, it is recommended that you use the lights, as it is dangerous with buses and cars during drop off and pick up times. Also, please do not park in the service station as this causes implications for their customers.

**ALTER SERVERS**

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<tr>
<th>DAY</th>
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**CANTEEN ROSTER**

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<th>NAME</th>
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<tbody>
<tr>
<td>FRIDAY</td>
<td>17/06</td>
<td>Evelyn Slattery</td>
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<td>Cakes: Katie Galloway</td>
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<td>MONDAY</td>
<td>20/06</td>
<td>Kathy Greville</td>
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<td>Cakes: Kathy Greville</td>
</tr>
<tr>
<td>FRIDAY</td>
<td>24/06</td>
<td>Rachel Glance</td>
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<td></td>
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<td>Cakes: Robyn Gordon</td>
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St Augustine’s Catholic Parish

For an evening with Fr Tony Chiera from the Diocese of Bunbury to learn more about the Ministries in our Parish.

Date: Wednesday 27th July 2016
Time: 6:30pm (for soup & bread)
Venue: St Augustine’s O’Connor Parish Centre.

MARK YOUR CALENDAR!

FACTION CROSS COUNTRY CARNIVAL RESULTS

1ST PLACE: MURRAY—420 POINTS
2ND PLACE: PEEL—386 POINTS
3RD PLACE: MACKILLOP—378 POINTS

Well done to everyone who participated!

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<th>FIRST</th>
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<tbody>
<tr>
<td>PP BOYS</td>
<td>Tommy Teczar</td>
<td>Deegan Fort</td>
<td>Jacob Palmer</td>
</tr>
<tr>
<td>PP GIRLS</td>
<td>Chloe Marsh</td>
<td>Lila Scally</td>
<td>Celine Italiano</td>
</tr>
<tr>
<td>YEAR 1 BOYS</td>
<td>Oliver Brown</td>
<td>Finley Hawthorn</td>
<td>Chace McShane</td>
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<tr>
<td>YEAR 1 GIRLS</td>
<td>Madelynn King</td>
<td>Ava Hughes</td>
<td>Jade Eastwood</td>
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<tr>
<td>YEAR 2 BOYS</td>
<td>Nicholas Reid</td>
<td>Jack Reid</td>
<td>Isaac Greenham</td>
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<tr>
<td>YEAR 2 GIRLS</td>
<td>Sasha Clarke</td>
<td>Rebel Desai</td>
<td>Bella Barr</td>
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<tr>
<td>YEAR 3 BOYS</td>
<td>Beaux Kirkwood</td>
<td>Darby Gaebler</td>
<td>Hayden Skwirowski</td>
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<tr>
<td>YEAR 3 GIRLS</td>
<td>Remi Hey</td>
<td>Annika Conte</td>
<td>Jordan McShane</td>
</tr>
<tr>
<td>YEAR 4 BOYS</td>
<td>Harrison King</td>
<td>Matthew Morrison</td>
<td>Riley Catherall</td>
</tr>
<tr>
<td>YEAR 4 GIRLS</td>
<td>Kailani Muir</td>
<td>Kiara Lee Clarke</td>
<td>Rani Romeo</td>
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<tr>
<td>YEAR 5 BOYS</td>
<td>Tadhg Venn</td>
<td>Declan Harley</td>
<td>Adam Gundry</td>
</tr>
<tr>
<td>YEAR 5 GIRLS</td>
<td>Aaliyah Hunter</td>
<td>Hannah Vergone</td>
<td>Dayna Vergone</td>
</tr>
<tr>
<td>YEAR 6 BOYS</td>
<td>Will Backshall</td>
<td>Oscar Jones</td>
<td>Myles Gaebler</td>
</tr>
<tr>
<td>YEAR 6 GIRLS</td>
<td>Amelia Mathews</td>
<td>Gracy Firkins</td>
<td>Tessa Liddington</td>
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Vitamin D - finding the right balance
The sun's ultraviolet (UV) radiation is the major cause of skin cancer but it is also our best source of vitamin D.

We need to balance our risk of skin cancer from too much sun exposure with the benefit of maintaining adequate vitamin D levels. In Australia, sensible sun protection does not put people at risk of vitamin D deficiency.

What is vitamin D and why is it important?
Vitamin D plays an important role in maintaining healthy bones and muscles. Vitamin D forms when skin is exposed to UV radiation from the sun (sunlight).

We can also get vitamin D from some foods we eat, such as oily fish, eggs and liver as well as margarine and dairy products fortified with vitamin D. However we cannot get enough vitamin D from our diet to maintain the levels our body needs to be healthy. This is why some sun exposure is important, but we must be careful not to get too much.

How much sun do I need to maintain adequate vitamin D levels?
Most people get enough vitamin D from the sun exposure they receive through day-to-day outdoor activities without needing to intentionally expose themselves to the sun.

Between August and May, most Western Australians can get enough vitamin D through incidental sun exposure in their day to day activities. During this period the focus should be on sun protection.

During the months of June and July only, people living in the southern part of the state (Perth or below) should go outside without any protection for 30 minutes a day around midday to make sure they have enough vitamin D during winter.

The best advice is to be guided by your local UV Index forecast and cover up if you will be outside when it reaches 3 or higher.

In winter in northern parts of Australia, where the UV radiation levels remain high throughout the year, vitamin D levels can be maintained through day-to-day outdoor activities and there is no need for intentional sun exposure.

Who is at risk of vitamin D deficiency?
Some groups in the community have a higher risk of vitamin D deficiency. They include:

- Those with previous skin cancer or at high risk of skin cancer
- People who wear covering/concealing clothing
- Naturally very dark skinned people
- People who spend long hours indoors, including housebound or institutionalised Australians
- Older adults
- Obese people
- Babies and infants of vitamin D deficient mothers.

People in these groups should consult their doctor for advice on whether they need to take a vitamin D supplement.
SCHOOL HOLIDAY

ATHLETICS CLINIC

The clinic is designed to develop athletics skills and techniques for boys and girls aged 8 to 16 years (Little Athletics age groups U9 – U17). Whether they are beginners or accomplished athletes, our experienced coaches will ensure your children are enjoying their training while aiming for their personal bests.

Where: WA Athletics Stadium
Stephenson Ave, Floreat WA 6014
When: Tue 12th and Wed 13th July 2016
Time: 9:00am to 3:00pm
(Registration commences 8:30am)
Cost: 1 Day $25
2 Days $150
Includes Hat or Shoe Bag

Athletes are able to choose four events to specialize in each day.

EVENTS CHOICES
Sprints/Starts
Hurdles
Middle Distance
Long Jump
Triple Jump
High Jump
Discus
Javelin
Shot Put

For more information or to register please go to:
printfast.com/school-holiday-clinics/

Proudly presented in conjunction with

SprintFAST.COM

Dance Party Dates 2016

Friday 13 May
Dance Party and spooky fancy dress
Friday 22 July
Karaoke Party
Friday 28 October
Halloween Party and fancy dress

Please note: Parents are not required to stay for the duration of this program however should you wish to, please make sure younger siblings refrain from running on the courts to ensure the safety of all children.

Time: 6.00pm - 9.00pm
Cost: $7.00 per child
Age: Year 1 - Year 6
No entry after 7.00pm
Kiosk open

Dance competitions, fun and lots of prizes!

"Murray Leisure Centre - where everyone is included"

Mandurah Basketball Association Presents:

MAGIC JULY HOLIDAY CAMP

WHERE
Mandurah Aquatic and Rec
395 Pinjarra Road, Mandurah 6210

REGISTRATION
Call 9538 8565, email: admin@mandurahbasketball.org.au, Online at
registration.mandurahbasketball.org.au

KIDSPORT
Strong-Fit-Pun

ALL AGES WELCOME
COST
$150 for all 3 days
including CAMP
T-Shirt
DAILY COST
$50 per day

BENEFITS
Develop your basketball skills and drills.
Work on teamwork and agility.
Shooting, Posting, dribbling. We got it all!

Children under 10 years must be accompanied by an adult at all times. All abilities welcome.
The Sisters of St Joseph of the Sacred Heart

Warmly invite you
to celebrate with them the 150 years since their foundation in Penola South Australia in 1866

Mass will be celebrated in
St Patrick’s Cathedral
11 Money Street, Bunbury, Western Australia
on
Sunday, 7 August 2016
at
10.00am

This will be followed by morning tea and a display in the Hall. Stalls will be available to purchase gifts.

Please rsvp to Sister Pauline Dundon by 22nd July 2016
Email: Pauline.dundon@sosj.org.au

Invitation

PINJARRA DENTAL THERAPY CENTRE
SCHOOL HOLIDAY ARRANGEMENTS

The Dental Therapy Centre will be open the first week of the school holidays -
Monday 4 July 2016 to Friday 8 July 1216.

The Centre is closed the second week from
Monday 11 July to Friday 15 July 2016 and will reopen on 18 July 2016.
Phone number: 9531 1846.

The emergency clinic during the second week of the holidays is:
Meadow Springs Dental Therapy Centre
Phone: 95842478
Murray Leisure Centre
School Holiday Programs
July 2016

DIY Personalised Coasters
Date: Thursday July 7 2016
Time: 10.00am – 11.15am
Age: 8 – 12 years
Cost: $15.00
This DIY set of tile photo coasters makes a unique way to showcase your favourite snaps. Children are required to bring in four of their favourite photos to copy to create these beautiful coasters. Children will take the photos home at the end session along with the DIY coaster instructions so they can create more memorable gifts for family or friends. Bookings are essential as places are limited.

Fit Kids
Date: Monday July 11 2016
Time: 10.00am – 12.00pm
Age 5 - 10 years
Cost: $15.00
Our Fit Kids program is a 2 hour physical activity program that combines gymnastic fun, fitness and swimming. Children are required to wear comfortable clothing for the gym/fitness and bring bathers and towel for the swim. Bookings are essential as places are limited.

Bust-a-Burpee
Date: Wednesday July 13 2016
Time: Ages 4 - 7 1.00pm - 2.00pm, Ages 8 - 12 2.00pm - 3.00pm
Cost: $15.00
Bust-a-Burpee Little Dudes, (ages 4 - 7)
This is an hour of action packed, fitness fun. Activities include whole group workouts as well as team events and partner work. The kids will be on the go from start to finish.
Bust-a-Burpee Commandos, (ages 8 - 12)
This fitness session follows the theme of commando drills and group workouts. The children have to work together as a team to complete each phase of the workout. Dress up in your commando gear and get ready for action: Bookings are essential as places are limited.

Grow and Show DIY Terrariums
Date: Friday July 15 2016
Time: 11am – 12.00pm
Age: 7 - 10 years
Cost: $15.00
What is a Terrarium you say? Terrarium’s are just like an aquarium, but for plants instead of fish. Succulents are planted to create a miniature garden or forest enclosed in its own little world. Your child is going to love this Grow and Show gardening activity which lets children engage in design, planting and personal growth. Your child will enjoy the social interaction, creativity and accomplishments this session provides. Bookings are essential as places are limited.

*Murray Leisure Centre - where everyone is included*

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