

Dear Parents and Community Members

Helpers Needed

We are looking for umpires for the football and netball games at the Winter Carnival on 03.06.16. Please contact the school on 90491176 if you can help.

Hot Lunches

Children may bring lunches from home that require warming up in the pie warmer on Mondays and Wednesdays during Terms 2 and 3. Please make sure that food is in an appropriate container or wrapped in alfoil with students name on it.

Award Winners

Hamish Irving for an excellent effort learning his times tables.
 Claire Birtles For the fantastic progress she is making with recognising sight words and applying them in her writing.

Moorine Rock Primary School continues

1948	<i>School holiday granted on the King's birthday. George Carstairs wins an Inspector's scholarship. Application for a water cooler refused as school enrolments were less than 30.</i>
1949	<i>Teacher Mr T Kinshella with 10 students.</i>
1950	<i>Teacher Mr F Lewis with 12 students. Oliver Gethin is rushed to Merredin Hospital with a poisoned foot. Lewis advises he is getting married and would like to occupy the railway house which is becoming vacant shortly. Railways advise they need the house for their own staff.</i>
1951	<i>Teacher Mr F Lewis with 10 students. RSL request that teacher's quarters be built at Moorine Rock. The teacher has recently married and is living at the pub as there is no other accommodation. The Education Department declines and advises that they will appoint single teachers to Moorine in future. Anyway, 13 enrolments hardly justify erection of quarters. School facilities shown as shelter shed, pan lavatories, scheme water, some trees and no drains.</i>
1952	<i>Teacher Mr F Lewis with 15 students. Mr Robertson, the Director of Education, visits the school in September.</i>
1953	<i>Teacher Mr F Lewis with 16 students.</i>

Upcoming Events

Date	Day	Event
20.05.16	Friday	Visit to St Josephs
25.05.16	Wednesday	School Council and Finance 2.30 PM
26.05.16	Thursday	PEAC
03.06.16	Friday	Football and Netball Carnival
09.06.16	Thursday	PEAC
17.06.16	Friday	You Can Do It 1.40 - 2.30 SCDHS
24.06.16	Friday	End of Term Assembly Biggest Morning Tea
01.07.16	Friday	End of Term 2 Reports go home.

Regards

Lyndy Richmond
Principal

MOORINE ROCK P&C FOOTY TIPPING

RESULTS

Round 5 - Sponsored by Rob Pownall @ RG & AP Pownall Mechanical

Repairs SX (ramram@wn.com.au)

Winner(s): NJW & LMG

Round 6 - Sponsored by Westpac Bank SX with thanks to Kim Chrsip

Winner: MoMo





GRDC's Regional Cropping Solutions Network



Your Invitation:

GRDC's Regional Cropping Solutions Network (RCSN) **Open meetings**

GRDC's Regional Cropping Solutions Network Open meetings

Merredin: 21st June at 10am

Bencubbin: 21st June at 4pm

GRDC's Regional Cropping Solutions Network

Julianne Hill (Co-ordinator)

Mob: 0447 261 607

regionalcroppingsolutions@gmail.com

- **21st June at 10am, Merredin Dryland Institute (DAFWA)**

- **21st June at 4pm, Bencubbin Recreation Complex**

- ⇒ Hear from Geoff Fosbery & Brad Joyce (ConsultAg) on the RCSN trial, "Canola early sowing management systems in the eastern wheatbelt: Grazing canola to modify maturity and water use"
- ⇒ Hear about other RCSN projects that have been put on the ground in the Kwinana East port zone
- ⇒ Chat with your GRDC Western Panel and RCSN representatives
- ⇒ Give us your input about issues that are impacting on your profitability

We would love you to join us for a BBQ and refreshments.

RSVP's essential www.rcsn.net.au or Ph Julianne Hill 0447261607

Eastern Wheatbelt Primary Health Service Update

A monthly newsletter to keep you aware of programs and services to your community.

May, 2016

Services to Southern Cross for May, 2016

Child Health: Weekly

Dietetics: Monthly

Occupational Therapy: Fortnightly

Physiotherapy: Monthly

Social Worker: On Request

Speech Pathology: Fortnightly

Please note the above information is subject to change. You will require an appointment date and time to be seen.

Upcoming health events

Wheatbelt Pap smear month

Did you know that regular pap smears can save 800 Australian women from developing cervical cancer each year?

The biggest risk factor for cervical cancer is not having regular Pap smears. Three out of four women who develop cervical cancer have either never had a Pap smear or had not had one in the last 5 years.



According to the WA Cervical Cytology Registry 47% of eligible women in the Eastern Wheatbelt have not had a Pap smear in the last 2 years.

Make an appointment with your GP or health care provider today to protect yourself against cervical cancer.

World No Tobacco Day 31st May 2016

Every year, on 31 May, the World Health Organisation mark World No Tobacco Day, which highlights the health risks linked with tobacco use and advocates for effective policies to reduce tobacco consumption.

Tobacco smoke is a chemical cocktail linked to a number of cancers and chronic health conditions; there is one clear way to reduce your risk.

As soon as you quit you will start to see the benefits. After ...

20 minutes: heart rate and blood pressure drop to normal levels

12 hours: level of carbon monoxide in the blood drops to normal

2 days: nerve endings begin to regrow

2-10 weeks: lung function improves along with decreased shortness of breath

3 months: risk of heart attack begins to drop

1 year: risk of heart disease is half that of a smoker

5 years: risk of stroke is reduced to that of a non-smoker and risk of developing mouth, throat, oesophagus and bladder cancer is half that of a smoker

10 years: risk of lung cancer is half that of a smoker

15 years: risk of heart disease is reduced to that of a non-smoker

Contact your local Health Promotion Officer on 9041 0444 for more information or visit makesmokinghistory.org.au

MAKE SMOKING
HISTORY®

Flu vaccine now available

Eligible Western Australians can now access their free influenza vaccine, which will now protect against four strains from the influenza virus, up from three last year. This provides the broadest possible protection for the most vulnerable community members.

Under the National Immunisation Program the vaccine is free for those who are most at risk including people aged 65 years and over, Aboriginal people aged 15 years and over, pregnant women, children aged between six months and 5 years and people with underlying health conditions.

Make an appointment with your GP to get this year's flu vaccination or contact the Merredin office for more information.

Mental health tip

Limit screen time

For some people this can be a challenge, but limiting screen time to 1-2 hours per day has many health benefits. You can replace the time you spend in front of the screen with something more mentally stimulating like reading or doing a crossword, trying a new recipe or walking your dog.



You'll have extra time to nurture the relationships with your family and friends too. Swap the TV screen for a board game or sit down together over dinner.

Finding ways to **Act-Belong-Commit** every day will help you stay mentally healthy.

Discipline profile

Health Promotion Officer

Health Promotion Officers work with the community and key stakeholders, to improve the health of individuals and communities by improving the factors that determine health. This is done in a number of ways including planning, implementing, and evaluating health promotion programs; preparing and distributing media releases and resources to promote healthy behaviour; providing expert health promotion advice; and supporting advocacy strategies to promote healthy behaviour and policy.

Your local Health Promotion Officer works across a range of community, state, and national health priority areas including tobacco, alcohol, mental health, nutrition, physical activity, and injury prevention.

To see how your local Health Promotion Officer can help improve community health contact the Merredin Office.

We want your feedback!

To help us continually improve our services we want your feedback on the Service Update.

You can complete the survey by visiting:

<https://www.surveymonkey.com/r/M5RGNGZ>

or by contacting Amber Durey on 9041 0444 or Amber.Durey@health.wa.gov.au

Contact details

Southern Cross Office

Corner of Altair & Achernar St, Southern Cross

Phone: 9049 1321

Fax: 9049 1610

Merredin Office

Corner of Mitchell and Queen St, Merredin

Phone: 9041 0444

Fax: 9041 0424