Dear Parents and Community Members

I encourage you to read the information below and consider recognizing a staff member for the WA Education Awards. This school is extremely fortunate in that its staff is very dedicated and professional. It is your acknowledgement of them, and not the winning, that can really salute their efforts for your child/children.

Who makes a difference at our school?

As part of the WA Education Awards, we are asking parents and students to tell us who makes a difference in their schools. Parents and students can now vote for their favourite teacher, principal or support staff member and give them a chance to win $1000. The staff member who receives the most votes will be awarded the People’s Choice Award at the WA Education Awards presentation event on 28 November. All school staff who receive a vote will be acknowledged in The West Australian on World Teachers’ Day on 28 October. Parents and students can vote now at the west.com.au/competitions. Voting closes at 5.00pm on 23 September.

Upcoming Events

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<td>Tuesday</td>
<td>Visit from Izzy</td>
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<tr>
<td>26th August</td>
<td>Friday</td>
<td>Cricket Carnival</td>
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<td>31st August</td>
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<td>School Council/Finance Meeting</td>
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<td>3rd September</td>
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<td>9th September</td>
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<td>Last Day of Term Three</td>
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YSSSA Carnival
Can we please have a volunteer to take the shade for the students to the Southern Cross Oval on Friday 9th September for the Athletics? Please contact the school if you are able to pick up the shade and drop it off.

Kindergarten Enrolment 2017

Applications for enrolment for Kindy 2017 are available from the Office or if you email Josie she can send an application out. (josie.kent@education.wa.edu.au)

Josie will need a copy of your child’s birth certificate together with details of their immunisation.

Please enrol as soon as you can to help us with our planning for 2017.
Awards

Term 3 Week 4

Jaden Eiffler  for his great improvement in completing metal maths questions and naming all of the prisms and pyramids correctly.

Amy Rose  for having a positive attitude and getting to work quickly.

Claire Birtles  for the fantastic effort she has put into her Literacy and Maths this term.

Lucy Birtles  for her perseverance with her long distance running and the wonderful improvement she is making.

MOORINE ROCK P&C FOOTY TIPPING

RESULTS

Round 19 - Sponsored by Yilgarn Plumbing & Gas with thanks to Matt Woodhouse (matt@yilgarnplumbing.com.au)

Winner: Harveys Heroes

Overall Competition Leaderboard:

1st – Jarvey/Hodgee 120pts

3rd – NJW/Adelle Auld/NonameAnnie 119pts

Round 20 - Sponsored with thanks by JM & AE Eiffler

Winner: Nannabelle

Overall Competition Leaderboard:

1st – Jarvey/Hodgee 126 pts

3rd – Adelle Auld/NonameAnnie 125pts
Screen time - how much is too much?

More than two hours of screen time per day is considered too much for school aged children. Too much screen time can lead to poor health, poor fitness and overweight. Screen activities can be educational and fun, but they mean kids sit still for long periods of time.

Set family rules around screen time. How can your child be active instead? School aged children (5-18 year olds) should do at least one hour of moderate to vigorous physical activity each day. For outdoor activity ideas go to: http://www.natureplaywa.org.au/. The Nature Play Passport links the online world with the outdoors.

For more information, go to: http://raisingchildren.net.au/nutrition_fitnes/school_age_nutrition.html
G’Day Asia
Eastern Wheatbelt Primary Health Service Update

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

Services to Southern Cross for August, 2016

Child Health: Weekly
Dietetics: On request through Telehealth
Occupational Therapy: Monthly
Physiotherapy: Monthly
Social Worker: On request
Speech Pathology: Fortnightly

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

Health news

Lack of Breastfeeding friendly places in the Eastern Wheatbelt

The Australian Breastfeeding Association Breastfeeding Welcome Here program is an online tool for families to find breastfeeding friendly places. However since the program launched in 2003, only 2 venues in the Eastern Wheatbelt are registered online.

Results from a local breastfeeding survey showed that a number of Wheatbelt mothers struggled with breastfeeding in public and many were looking for places where they would know breastfeeding was accepted.

“We need to make sure mothers feel confident and supported in their choice to breastfeed,” said Amber.

Organisations can register as online by visiting www.breastfeeding.asn.au

For more information call the Eastern Wheatbelt Primary Health on 9041 0444.

Upcoming health events

Childbirth and Parenting Classes via Telehealth

A series of antenatal and birth preparation classes are now available via telehealth for pregnant mothers and their partners.

Each series consists of six FREE classes, which run each Friday from 2-3pm.

You can attend one, or all, of the classes by attending your local health service or online at home through secure videoconferencing software.

Next series:

- Friday 19th August: Pain relief and birth interventions
- Friday 26th August: Labour & Birth
- Friday 2nd September: Pain relief and birth interventions
- Friday 9th September: After you have your baby – Postnatal care
- Friday 16th September: Breastfeeding
- Friday 23rd September: Early parenting

For more information visit the Baby Bumps WA Facebook page or call 9041 0444.

You can book by emailing sihi.childbirtheducation@health.wa.gov.au

With World Breastfeeding Week running 1-7 August, Eastern Wheatbelt Primary Health is urging local organisations to register as a Breastfeeding Welcome Here venue. Venues can be anything from a café to a hairdresser, community centre or public library.
LiveLighter Recipe
Moroccan Beef with Couscous

Ingredients:
- 1/2 cup 100% orange juice
- 3 tsp Moroccan seasoning
- 6 x 125 g lean beef steak, fat trimmed
- 1 cup boiling water
- 1/2 small red onion, finely chopped
- 10 dried apricots, chopped
- 1 cup couscous
- 1 tsp ground cumin or ground coriander
- 420g drained can no-added-salt chickpeas
- 1/2 cup coriander, chopped
- 2 cups green beans, cut into 5cm lengths
- 1 head broccoli, cut into florets

Method:
1. Mix ¼ cup of orange juice and 2 teaspoons seasoning in a non-metal dish.
2. Add steaks, turning to coat in juice mixture. Cover and set aside for 20 minutes.
3. In a large heatproof bowl combine onion, apricots, couscous, cumin or dried coriander and remaining teaspoon of seasoning.
4. In a small bowl, combine remaining ¼ cup of orange juice and boiling water. Add the orange juice mixture to couscous mix, cover and set aside.
5. Place a metal steamer into a large saucepan with a few centimetres of water. Add beans and broccoli and bring to the boil. Steam with the lid on for 5-6 minutes or until bright green and tender.
6. Heat a large non-stick frypan. Drain steaks well and discard marinade. Cook for 3 minutes on each side or until cooked to your liking.
7. Remove from heat, cover and set aside to rest for 3 minutes.
8. Fluff couscous with a fork to separate grains and stir through chickpeas and coriander.

Mental health tip
Get a good night’s sleep

Getting a good night’s sleep is known to help nurture mental and emotional resilience while irregular sleep can pave the way to negative thinking and emotional stability.

Maintain a regular sleep cycle, increase light exposure during the day, keep your bedroom quiet and dark, avoid large meals and caffeine before bed, exercise regularly, or do something to unwind before you go to bed such as reading a book or taking a warm bath.

All of these things will help you sleep better.

Discipline profile
Child Health Nurse

Child Health Centres are staffed by Registered Nurses with qualifications in child and family health. They provide a range of services in partnership with parents and carers of babies and young children up to the age of 4 years.

Child Health Nurses can assist with breastfeeding, child health and development, infant and child nutrition, maternal health (including emotional health), parenting skills, home safety for children, immunisation, relationships and local support services.

There are certain times of development when your child should be seen and visits are scheduled to correspond with these stages, as outlined in your purple book. Child health nurses also provide scheduled childhood immunisations, ongoing support for families and act as a link or advocate to other health professionals involved in the care of families.

You can make an appointment or call the Child Health Nurse at any time in your child’s early years for advice or support.

Contact details
Southern Cross Office
Cnr 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