

Dear Parents and Community Members

Remembrance Day

I will be speaking to children about this day, emphasising its importance.

Birthdays

Belated Birthday wishes to:

Brodie Eiffler 2nd November 7 years

Birthday Wishes to:

Judd Della Bosca 17th November 12 years



Regards

Lyndy Richmond

Principal

Moorine Rock Primary School continues ...

1983	<p>Mr T Naglee and Mrs J Faulkner with 13 children. New school emblem features a kangaroo and a lizard astride a rock. Mr Faulkner from Mount Hampton School taken to Southern Cross Hospital with appendicitis. Jason Evans and Jayson Bebek attend a week long Science camp at Dulyalbin Rock. The music fest was held at Southern Cross.</p>
1984	<p>Head Teacher Mr C Pettit and Mrs J Faulkner part time with 14 students A working bee held at the school to repair playground equipment, put up curtains and assemble a garden shed. New photocopier provided Students from Grades 3-7 attend a week long camp at CWA Fremantle. About 120 people attended the Christmas Tree Night where students performed well.</p>
1985	<p>Head teacher Mr C Pettit and Mrs A Nicholson part time with 13 students. A new roof built for the older classroom. The children held an Easter Hat parade at assembly. A Quiz Night raises \$1050 to help pay for the new video player and curtains for the second classroom. Moorine finished third in Interschool Sports. Students spent a week at Woodmans Point Camp. The Ewan family are leaving after 6 years.</p>
1986	<p>Teachers Alan Colhoun, Teresa Conolly part time, Anne Nicholson part time, and Anne Davey. 12 students The 60th reunion of Moorine Rock Primary was held in November. A committee was formed with Pat Barona president and Dianne Lapsley secretary. A Quiz night raised \$1100 towards expenses. The school was renovated and painted with carpets and new curtains added to the older classroom. Moorine finished third at interschool sports.</p>

Upcoming Events

Date	Day	Event
11.11.2016	Friday	Remembrance Day
18.11.2016	Friday	Sam here for Soccer
21.11.2016	Monday	The Prince Who Stole Christmas
30.11.2016	Wednesday	Orientation Day
10.12.2016	Saturday	End of Year Concert - All welcome
14.12.2016	Wednesday	Christmas Party for Students
15.12.2016	Thursday	Last day of school for 2016

Hats



As you know, the wearing of hats is a sensible and important concession to our climate. At MRPS, the wearing of hats for any outside activity is mandatory. The school's broad brimmed hat provides excellent protection **but only when it is worn**. Some students are cutting off the strings that keep the hat on so inevitably it falls off in strenuous activity. If you are purchasing a new hat for 2017, please emphasize to your child/children that the strings remain attached.

MILO T20 Blast Primary School Carnival. Wheatbelt Results 28/10/2016 @ Southern Cross			
FIELD ROUND ONE (9.20am - 10.15am)			
1	SX 1 98	Lost	MR 182
2	SX 2 135	Beat	St Jo's 59
3	SX 3 115	Lost	SX 4 120
FIELD ROUND TWO (10.20am - 11.15am)			
1	SX 4 69	Lost	SX 2 80
2	MR 170	Beat	SX 3 97
3	St Jo's 72	Lost	SX 1 162
FIELD ROUND THREE (11.20am - 12.10pm)			
1	SX 3 155	Beat	SX 2 94
2	MR 218	Beat	St Jo's 58
3	SX 1 86	Lost	SX 4 137
FIELD ROUND FOUR (12.40pm - 1.35pm) If Time Permits			
1	#1	v	#2
2	#3	v	#4
3	#5	v	#6
Moorine Rock PS undefeated and declared winners			

This week's ideas from LiveLighter® for families



LiveLighter® tip #3 –

We are family! Enjoy some quality time together at the dinner table and switch off all other distractions.

LiveLighter® recipe #3 – Teriyaki drumsticks with brown rice salad -

<https://livelighter.com.au/Recipe/483/teriyaki-chicken-drumsticks-with-brown-rice-salad>

(image attached)

LiveLighter® State of Western Australia 2016. Recipe & tip reproduced with permission.

Go Health!

Have you thought about quitting smoking?

If you are a smoker, one of the best things that you can do for yourself and your family is to quit. Quitting can be hard, but you don't have to do it alone - there is support available in the Wheatbelt.

No matter how long you have smoked, quitting will have immediate and long term benefits on your health. It will also benefit the health of your family and friends and save you money!

Smokers in the Wheatbelt have access to a program which offers support and hope to those who want to quit.

The Wheatbelt Quit Smoking program offers:

- Individual or group support;
- Quit medication advice; and
- Motivational text or email messages.

The program is FREE and provides information and resources on issues such as nicotine addiction, managing withdrawal symptoms, weight control and coping with difficult situations without a cigarette.

Wheatbelt Quit Smoking Program facilitators work across the Wheatbelt providing FREE support. Contact 9622 4320 to get local support to help you quit.

Alternatively you can contact the state wide quit support service Quitline call 13 78 48.



WAPHA
WA Primary Health Alliance

phn
COUNTRY WA
An Aboriginal Owned and Controlled Business

Media Release

Primary Health Exchange allows community to have their say on health

31st October 2016

WA Primary Health Alliance (WAPHA) is excited to launch its new online consultation hub, Primary Health Exchange.

WAPHA Wheatbelt Regional Manager Fiona Bush said the online community engagement website would allow people in the Wheatbelt to have their say on projects and share their thoughts on the planning and design of primary health care in their local community.

"WAPHA, which oversees the strategic commissioning functions of WA's three Primary Health Networks, including Country WA Primary Health Network, primary objective is to improve health outcomes and patient experiences through the commissioning of appropriate services where they are most needed."

"We recognise that engagement is an ongoing process and Primary Health Exchange provides a platform where people can exchange ideas, opinions and experiences across primary health," Ms Bush said.

"Primary Health Exchange is designed to support and encourage people to get involved in the planning of local primary health care in the Wheatbelt, to support the PHN to meet the health needs of our local community."

Ms Bush said WAPHA's community engagement framework aims for participation of local communities in policy development, planning and service delivery.

Current topics which people can have their say and join the conversation on include My Region, Innovation in Primary Health, Patient Stories and changes in primary care for Aboriginal people.

For more information about Primary Health Exchange and to register to participate, visit the website phexchange.wapha.org.au

ENDS

For more information:

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Enrol now for VacSwim summer school holiday swimming lessons

It is important for every child to learn to swim properly and develop essential water safety skills. VacSwim December/January school holiday swimming lessons are run by instructors who teach children the skills to be confident swimmers and safe in the water. To enrol or find out more visit education.wa.edu.au/swimming⁸.

Enrolments close on Monday 28 November for the earlier programs and Monday 5 December for the second January program.

Yilgarn Kindy Presentation



Help your child to achieve a smooth and successful start to their education by coming to hear about the services available to you and your child to assist with their education and development.

When: 10th November 2016

Where: Southern Cross Playgroup

Time: 9:30- 10:30

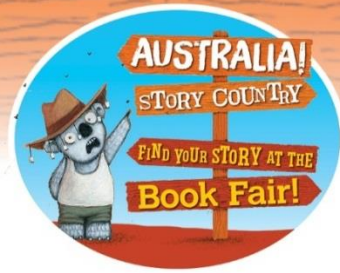
Who: All parents/carers who have a child starting Kindy in 2017 in the Yilgarn area (Southern Cross District High School, St Joseph's Primary School & Moorine Rock Primary School)

This presentation will be completed by your local school health nurses and a visiting team member from Primary Health Eastern

Please RSVP to the school your child will be attending by 21 October 2016.

For more information please contact Jess Della Bosca, Jeannie Maddock or Rachel Malaspina on: 9049 1231 or 9041 0444





**Welcome to the
Southern Cross District High School**

Book Fair 2016!

here: SCDHS Library

When: Thur 24/11, Fri 25/11 & Sat 26/11

Times: 24&25/11 12.50pm-3.30pm &

26/11 9am-12pm

Bring the whole family along to browse a wide range of books for young & old.

With Christmas fast approaching.....Books are a great, easy & educational gift idea!!

Hope to see you there!

SXDHS PEC

presents

Movie night under the stars

FRIDAY, 18TH NOVEMBER 2016

SXDHS OVAL

**GATES OPEN 6.30PM FOR FOOD SALES
(DRINKS, POPCORN, DONUTS & HAMBURGERS/SAUSAGE SIZZLE)**

Movie starts at approx 7.30pm!



**Single Entry \$3.00
Family Entry \$10.00**

**BRING THE WHOLE FAMILY ALONG WITH A RUG, PILLOW OR BEANBAG FOR
YOUR VIEWING COMFORT...**

(Movie is Rated PG)