Dear Parents and Community Members

P&C

Congratulations to those parents who have again taken up roles on the P&C. Your hard work is really appreciated.

Moorine Rock Primary School continues

<table>
<thead>
<tr>
<th>1929</th>
<th>Teacher Miss L Neeve with 14 students</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Heavy rains periodically prevented many students from reaching school.</td>
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<tr>
<td></td>
<td>Complaints made that a new school is needed as the present little room of 10 x 10 feet has</td>
</tr>
<tr>
<td></td>
<td>fifteen scholars packed into it</td>
</tr>
<tr>
<td>1930</td>
<td>Teacher Miss May Marston with 17 students.</td>
</tr>
<tr>
<td></td>
<td>A request for an additional blackboard was refused.</td>
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<tr>
<td></td>
<td>School garden destroyed by insects.</td>
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<tr>
<td></td>
<td>Parents agreed to Moorine Rock School participating in the Inter School Carnival.</td>
</tr>
<tr>
<td>1931</td>
<td>Teacher Miss May Marston with 20 students.</td>
</tr>
<tr>
<td></td>
<td>The sum of £5 raised by holding a children's ball. School closed for the year with a concert and</td>
</tr>
<tr>
<td></td>
<td>Christmas party.</td>
</tr>
<tr>
<td>1932</td>
<td>Teacher Miss May Marston with 20 students.</td>
</tr>
<tr>
<td></td>
<td>During the year, the school was broken into and valuables taken.</td>
</tr>
<tr>
<td></td>
<td>Schooling conducted in the local hall during May because of renovations.</td>
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<tr>
<td></td>
<td>Sydney Harper admitted to hospital with a broken leg.</td>
</tr>
<tr>
<td></td>
<td>A Fancy Dress Ball raised £2.10.0 towards school funds.</td>
</tr>
<tr>
<td>1933</td>
<td>Teacher Miss O'Keefe with 19 students.</td>
</tr>
<tr>
<td></td>
<td>Dance raises £3.15 shillings towards school funds.</td>
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<tr>
<td></td>
<td>Students perform several items at Christmas Tree Entertainment Night.</td>
</tr>
</tbody>
</table>

BIRTHDAYS

Patrick Rose  01.03.16   11 years old
Charli Pobke  10.03.16   11 years old

Voluntary Contributions

Your voluntary contributions assist the school in providing materials to improve your child's learning experiences. It would be fantastic if all contributions could be received during Term 1. Families may choose to send in cash, a cheque or pay by direct deposit to our ANZ BSB 016798 ACCOUNT NUMBER 253884676.

Please make sure that you identify your deposit with your child’s name to ensure that we credit it correctly.
**Mental Health Message - Loneliness Epidemic**

A study was recently released outlining the negative impact loneliness has on our health, not only mental but our physical health too.

When we perceive ourselves as being lonely, it can trigger a panic like response as we feel our life is being threatened. This is a survival instinct from many years ago when if the tribe deserted someone, it would be a very real threat to their life as help is needed to gather food, build shelter and defend against the environment.

This panicked feeling people get when they feel lonely stimulates the sympathetic nervous system, increasing the development of inflammatory white blood cells, adrenalin and cortisol production (the stress hormone). This decreases our immune system, increases our blood pressure, increases our blood sugar levels and increases the risk of having cardiovascular problems.

While there is a correlation between loneliness and poor health, the cycle can go both ways. If you are lonely, it can be detrimental to your physical and mental health but if you suffered from a chronic illness, you could become depressed, withdrawn and then become quite lonely.

It is so important to maintain social connections, have regular contact with family and friends and get involved in your local community so you have that support system in place which is fundamental to good health. To find out more about how you can increase your sense of belonging, visit [actbelongcommit.org.au](http://actbelongcommit.org.au)

**Upcoming Events**

<table>
<thead>
<tr>
<th>Date</th>
<th>Day</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>01.03.16</td>
<td>Tuesday</td>
<td>Dockers 12.30 – 1.15</td>
</tr>
<tr>
<td>02.03.16</td>
<td>Wednesday</td>
<td>School Council Meeting 2.30 PM</td>
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<tr>
<td>03.03.15</td>
<td>Thursday</td>
<td>Volleyball Clinic Sam Goodhill</td>
</tr>
<tr>
<td>07.03.16</td>
<td>Monday</td>
<td>Public Holiday - Labour Day</td>
</tr>
<tr>
<td>08.03.16</td>
<td>Tuesday</td>
<td>School Development Day - students do not attend school</td>
</tr>
<tr>
<td>11.03.16</td>
<td>Friday</td>
<td>School Photos</td>
</tr>
<tr>
<td>18.03.16</td>
<td>Friday</td>
<td>Swimming Carnival</td>
</tr>
<tr>
<td>25.03.16 - 29.03.16</td>
<td>Friday - Tuesday</td>
<td>Easter</td>
</tr>
<tr>
<td>01.04.16</td>
<td>Friday</td>
<td>End of Term Assembly Book Fair</td>
</tr>
<tr>
<td>08.04.16</td>
<td>Friday</td>
<td>Last Day of Term One</td>
</tr>
</tbody>
</table>

**Please Collect**

The following items are useful for Art and other projects during the year. Please collect them and send to school.

- Buttons - all shapes, sizes and colours
- Old cake/baking pans and tins - rusty is OK
- Mosaic Tiles
- Old Keys
- Corks
- Metal Lids e.g. from chutneys, jams etc
- Cards
- Wrapping Paper
- Contact Scraps
- Magazines
- Egg Cartons
- Foam Trays
- Material
Awards and Birthdays Term 1 Week 4

<table>
<thead>
<tr>
<th>Name</th>
<th>Recognition</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lucy Birtles</td>
<td>for creating very good recounts about swimming lessons and the &quot;Elephant in the Wheatbelt&quot; visit.</td>
</tr>
<tr>
<td>Amy Rose</td>
<td>for her fantastic effort in completing homework. Keep up the great work.</td>
</tr>
</tbody>
</table>

Swimming

Congratulations to everyone for their huge effort during swimming lessons.

Regards

Lyndy Richmond
Principal
Elephant in the Wheatbelt
Tennis Coaching

Southern Cross Tennis Club will be conducting a Junior Tennis program in February/March 2016 for 5 weeks.

Dates are Saturday 13, 20, 27 February, 12, 19 March 2016. There will be no tennis on Saturday 6 March due to the long week end. Sessions commence at 9.00 am at the Southern Cross Tennis Courts, with registration from 8.30 am. Please wear a hat and bring your own water bottle.

Fees
$20 per Child
$50 for 3 Children
$60 for 4 plus Children
Pauline Eiffler-President 0419 963 418
GOLDFIELDS KIDSFEST IS BACK!

Save the Date as this year's 2 day festival has been moved to **Saturday 9th & Sunday 10th April**! (WA's first weekend of school holidays)

**Haven't heard of Goldfields Kidsfest, here is why it is the place to be this school holidays:**
- 2 day fun filled kids festival
- Interactive activities for children aged between 0-12yrs
- Under 5's zone
- Bouncy castles
- Kids kitchen prepare you own food
- Face painting
- Multiple Live performances (including mainstage act from a well-known kids character along with a meet and greet)
- Food vans/stalls and much more...

**WHERE CAN YOU FIND AN OCEAN IN THE DESERT?**

[Link: www.anoceaninthedesert.com]
Join our team – we’re hiring!

August 9 is Census night and the Australian Bureau of Statistics is looking for 2,500 motivated and community minded Area Supervisors to join our team across Australia.

Area Supervisors:
- Are temporary casual jobs, with flexible working hours
- Will recruit, train and lead a small team of field staff to help deliver the 2016 Census
- Will earn $34.76 per hour (inclusive of 25% loading).

Applications open 1 February 2016. Apply online at abs.gov.au/careers
Make a difference in your community and help shape its future.
Southern Cross General Practice

Dr Mark Byrne has now commenced practicing at the newly named
“Southern Cross General Practice”

The opening hours for February are:
Monday 9.00am - 5.00pm
Tuesday 9.00am - 5.00pm
Wednesday CLOSED
Thursday 10.00 am - 5.30pm
Friday 9.00am - 5.00pm
(May open Saturday mornings if required)

The new phone number for the practice will be:

9049 1147

but they can still be contacted on the old number, 9049 1152 for the time being.
Merredin District Lawn Tennis Club

2016 Open Day

Mens & Ladies Doubles
A, B and C Grades

When: Sunday 13th March (start time to be confirmed)
Where: Merredin Recreation Centre
Cost: $25 per player
Lunch & afternoon tea provided and dinner available.
Nominations to Club Captains Ian Lane (0428411957) or Tenielle Hooper (0437886855) by Wednesday 9th March 2016

Enquiries to mdltc@hotmail.com.au