

Dear Parents and Community Members

It is wonderful to be back at Moorine Rock Primary School. I would love to tell you that I had been on an all expenses paid trip to the Bahamas or somewhere equally as beautiful, however this is not the case.

For over twenty years, I have experienced Depression and in more recent years this has been compounded due to Anxiety. I have spent the last several weeks receiving treatment for both conditions and am now feeling really fit and well and able to lead our delightful school.

I have chosen to make this information public as the stigma attached to Mental Health often prevents those in need, seeking assistance. This stigma will only lessen as the public becomes aware of how common it is and recognizes that people affected by it have a treatable medical condition.

If you think that you or someone you know may be experiencing depression, encourage them to see a doctor or other health professional.

Below is some information about Depression from "Beyond Blue" which may be of interest.

(<https://www.beyondblue.org.au/the-facts/depression>).

### ***What is depression?***

*While we all feel sad, moody or low from time to time, some people experience these feelings intensely, for long periods of time (weeks, months or even years) and sometimes without any apparent reason. Depression is more than just a low mood - it's a serious condition that affects your physical and mental health.*

### ***Signs and symptoms***

*You may be depressed if, for more than two weeks, you've felt sad, down or miserable most of the time, or have lost interest or pleasure in usual activities, and have also experienced several of the signs and symptoms across at least three of the categories below.*

*It's important to remember that we all experience some of these symptoms from time to time, and it may not necessarily mean you're depressed. Equally, not everyone who is experiencing depression will have all of these symptoms.*

### ***Behaviour***

- *not going out anymore*
- *not getting things done at work/school*
- *withdrawing from close family and friends*
- *relying on alcohol and sedatives*
- *not doing usual enjoyable activities*
- *unable to concentrate*

### ***Thoughts***

- *'I'm a failure.'*
- *'It's my fault.'*
- *'Nothing good ever happens to me.'*
- *'I'm worthless.'*
- *'Life's not worth living.'*
- *'People would be better off without me.'*

### ***Feelings***

- *overwhelmed*
- *guilty*
- *irritable*
- *frustrated*
- *lacking in confidence*
- *unhappy*
- *indecisive*
- *disappointed*
- *miserable*
- *sad*

### ***Physical***

- *tired all the time*
- *sick and run down*
- *headaches and muscle pains*
- *churning gut*
- *sleep problems*
- *loss or change of appetite*
- *significant weight loss or gain*

## Thank You

A big thank you to Hugh Irving for adjusting the computer charging unit to take the new computers.

## PEAC Testing

PEAC Testing will be conducted in Week Three. If any parents do not wish for the child to participate in the testing, please contact the school.

## Book Week - Monday 1<sup>st</sup> August - Friday 5<sup>th</sup> August

We have changed the week that we will be holding Book Week to coincide with our visit from St Joseph's Primary School. Students are asked to come dressed as their favourite character out of a book on Friday 5<sup>th</sup> of August. Students are invited to bring a gold coin donation for the Australian Paralympic Committee which will help Australia strike gold in Rio!



## Shade

We have been successful in getting a grant to cover the cost of shade over the sandpit in the grassed area between the Junior classroom and the Art room. Currently, this sandpit is only used in the cooler months but will now be available all year.

Write 4 Fun <http://www.write4fun.net/>

## About the Competition

Entry is NOW OPEN in the 2016 Schools Writing Competition! Students all over Australia are invited to enter their poems OR short stories, and battle it out for the great cash prizes on offer.

There is no theme!! Entrants are encouraged to let their imaginations run wild and get their creative juices flowing to write on ANY TOPIC and in ANY STYLE. Students from ALL GRADES are welcome to enter - Kindergarten to Grade 12.

Entry is FREE and all entries must be in by Wednesday 31st August 2016.

## The Book

Poems and short stories entered into the competition will be considered for inclusion into our 2016 Write4fun anthology! Those selected will have the opportunity to purchase the edition at a discounted rate. 1st, 2nd and 3rd prize winners will receive a complimentary copy of the book.

## Prizes

### Poetry Prizes

1st \$1,000 CASH and YOUR CHOICE of a:

- \* \$500 Rebel Sport Gift Card
- \* Apple iPad Air 32GB
- \* Xbox One
- \* Playstation 4

2nd \$250 CASH + Write4fun Gift Pack

3rd \$150 CASH + Write4fun Gift Pack

15 x Finalists Write4fun Gift Pack

## Short Story Prizes

1st \$1,000 CASH and YOUR CHOICE of a:

- \* \$500 Rebel Sport Gift Card
- \* Apple iPad Air 32GB
- \* Xbox One
- \* Playstation 4

2nd \$250 CASH + Write4fun Gift Pack

3rd \$150 CASH + Write4fun Gift Pack

15 x Finalists Write4fun Gift Pack

One talented writer in each division (poetry & short story) will receive \$1,000 as First Prize (with \$500 going to the winning school and \$500 to the student) PLUS the choice of either a \$500 Rebel Sport Gift card OR an Apple iPad Air 32GB OR a Xbox One OR a Playstation 4.

We will also be awarding one Second Prize in each division of \$250 and one Third Prize of \$150 and 15 Finalists will receive a Write4fun Gift Pack.

## Rules

1. The judges' decision is final and no correspondence will be entered into.
2. All entrants must be currently enrolled and attending as students at the school under which they enter or be Home School Primary or High students.
3. Entries must not exceed 16 lines in length or 64 characters in width for poems and must not exceed 500 words for short stories.
4. Entries must be typed or neatly hand written.
5. Typed entries are to be presented on one side of a single A4 sheet of paper.
6. One entry per student only.
7. Co-written entries will be disqualified.
8. Entries are to be postmarked no later than the 31st August 2016.
9. Copying an existing poem/story is called plagiarising and it is against the law. If plagiarism occurs, the entrant will be disqualified and their parents and teachers notified. Write4fun will not be held responsible for any plagiarised work entered into the competition.
10. The author's name, age, address, grade level and school must appear on the page with each entry.
11. Write4fun reserves the right to disqualify unsuitable entries.
12. All care will be taken but no responsibility will be accepted for any misplaced work.
13. No updated, revised versions of entries will be considered after initial entry.
14. All prize winners will be notified by mail and a winners list will be available to view on our website.
15. Entries will not be returned.
16. If insufficient entries have been received in the opinion of the organisers, Write4fun reserves the right to cancel the competition.
17. There will be separate judging and prizes for poems and short stories as follows:-

Poetry:-

First prize is AUD\$1000.00 to be divided AUD\$500.00 to the school and AUD\$500.00 to the winning student plus the choice of either a \$500 Rebel Sport Gift Card OR an Apple iPad Air 32GB OR a Xbox One OR a Playstation 4. We will also be awarding one Second Prize in each division of AUD\$250 and one Third Prize of AUD\$150.

## Short Story:-

First prize is AUD\$1000.00 to be divided AUD\$500.00 to the school and AUD\$500.00 to the winning student plus the choice of either a \$500 Rebel Sport Gift Card OR an Apple iPad Air 32GB OR a Xbox One OR a Playstation 4. We will also be awarding one Second Prize in each division of AUD\$250 and one Third Prize of AUD\$150.

## Awards

Mikayla Auld for continually striving to improve in all areas.  
Tayla Della Bosca for always having a polite attitude to all.  
Brodie Eiffler for a fantastic improvement in his handwriting and producing very neat work in all areas of Literacy.  
Reece Jackson for his great attitude towards mathematics and always giving his best effort.



## Upcoming Events

Date	Day	Event
5 <sup>th</sup> August	Friday	St Joseph's Visit - Literacy Day/Dress Up Day - Gold Coin Donation to the Paralympic Committee
10 <sup>th</sup> August	Wednesday	G'Day Asia - Excursion to SXDHS for performance
Week beginning 22.08.16		Visit from Izzy
26 <sup>th</sup> August	Friday	Cricket Carnival
31 <sup>st</sup> August	Wednesday	School Council/Finance Meeting
3 <sup>rd</sup> September	Saturday	Yilgarn Show
9 <sup>th</sup> September	Friday	YSSSA Athletics
16 <sup>th</sup> September	Friday	Assembly
23 <sup>rd</sup> September	Friday	Last Day of Term Three

Regards

Lyndy Richmond  
Principal

### Wanted

If anyone has any icecream lids that they are willing to part with, Liz would love some to use in the garden. Any size or shape. Please send them into the office.

Also Mrs Collins would love to have any old magazines that you have lying around to use in the classroom. Please send them in with the students.

Ms Richmond would like any old nail polishes to use in art.

Thanks

### P & C Meeting

The committee requires a P & C meeting to discuss the 90<sup>th</sup> Birthday celebrations for Moorine Rock.

We have come across a couple of issues that need to be dealt with reasonably quickly and need everyone to come along with their enthusiasm and ideas to this meeting.

The meeting is set for **Monday, 8<sup>th</sup> August starting at 7:30pm. It will be held at the school staff room.**

Thank you

## MOORINE ROCK P&C FOOTY TIPPING

### RESULTS

**Round 17 - Sponsored with thanks to Danielle Harvey, our local Independent Jamberry Consultant (danielleharvey68@gmail.com)**

Winner: Freofan16

Overall Competition Leaderboard:

1<sup>st</sup> - Jarvey 106pts

2<sup>nd</sup> - Cowpatch/NJW/NonameAnnie/Hodgee 105pts

**Round 18 - Sponsored by Now Buildings with thanks to Trevor Walker (trevor@nowbuildings.com.au)**

Winner: Chrissie

Overall Competition Leaderboard:

1<sup>st</sup> - Jarvey/Hodgee 112pts

3<sup>rd</sup> - NJW/Adelle Auld/LMG/NonameAnnie 111pts





Wheatbelt families are encouraged during August and September to keep an eye out for the Australian Trucking Association (ATA's) Safety Truck.

The award-winning mobile education centre is heading to WA thanks to Transafe WA, the State Government's Road Safety Community Grant Program and the RAC.

The Prime Mover travels to shows, exhibitions, schools and events around Australia turning negative stereotypes into positive messages, and educating all drivers on how to share the road safely with heavy vehicles.

Driven by driver/educator Glen Schmidtke, visitors to the truck are able to climb into the prime mover cab and experience the perspective and visibility from the truck driver's perspective. They can also tour the trailer which contains a range of interactive activities.

Safety Truck will be exhibiting at: The Avon Descent mid-point day (Cobblers Pool, Morangup), Beverley Agricultural Show, Dowerin Machinery and Field Days, Kellerberrin and Districts Agricultural Show, Newdegate Machinery and Field Days and the Chittering Wildflower Festival.

For more information go to [www.transafewa.com.au](http://www.transafewa.com.au)



**Our new laptops have arrived!!**

# Go Health!

## Building resilience

Resilient kids cope with difficult situations and can 'bounce back'. This is important to get through life's ups and downs, and keep going when things go wrong. Parents can help children build resilience by providing opportunities to learn and practise new skills:

- **Children need regular positive experiences** (e.g. go to the park; play with friends; read bedtime stories). This helps to build up a 'bank' of positive emotions which protects against tough times.
- **Help your kids think positively.** If your child is frustrated by their homework, say, "I know your homework was hard today, but yesterday it was hard too. You kept trying until you worked it out."
- **Reconnect after a fight.** Let your little one cool down then offer a hug or words of support. This is good for your child's mental health and helps them deal with relationship problems as they get older.

For more information about raising a resilient child, go to [www.kidsmatter.edu.au/](http://www.kidsmatter.edu.au/), [www.raisingchildren.net.au](http://www.raisingchildren.net.au) or contact your local Community Health Nurse.

# Go Health!

## Recipes

**LiveLighter recipe #1** - Lamb and barley soup: <https://livelighter.com.au/Recipe/467/lamb-and-barley-soup>



### LiveLighter tip #1 -

Meal times provide a great opportunity to role model healthy eating behaviours. Children are more likely to try and/or like foods they see parents or carers eating. For ideas of how to support your children develop healthy eating habits visit: <https://livelighter.com.au/LiveLighter-for-Families/At-Home/Family-Time/Developing-Healthy-Eating-Habits>

#MyCensus



FREQUENTLY ASKED QUESTIONS ABOUT THE 2016 CENSUS

## AUGUST 9 IS CENSUS NIGHT. OUR MOMENT TO **PAUSE** AND MAKE A DIFFERENCE.

### What is the Census?

The Census of Population and Housing (Census) is Australia's largest statistical collection undertaken by the Australian Bureau of Statistics (ABS). For more than 100 years, the Census has provided a snapshot of Australia, helping to shape our nation's education, health, transport and infrastructure.

### When is the next Census?

The next Census will be held on August 9.

### What does the Census mean to Australia?

The Census provides important information about Australia's people and their housing. It helps estimate Australia's population, which is used to distribute government funds and plan services for your community.

In 2016, the Census will count close to 10 million dwellings and approximately 24 million people, the largest number counted to date.

### What should people expect this Census?

From August 1, most households will receive a letter from the ABS, addressed 'To the Resident'.

The letter will include your household's unique Census Login and instructions on how to complete the Census online, as well as directions on how to order a paper form.

### How many people are expected to complete the Census online?

In 2016, more than 15 million people are expected to complete the Census online.

### Why go digital?

Completing the Census online is fast, easy, secure and environmentally friendly and helps reduce the cost of the Census to the community.

### Can I still complete a paper form?

Yes. If a household is unable to access the internet or would prefer to fill out a paper form, simply call our automated paper form request service. You will need your 12-digit Census Login from the letter you received.

Paper forms must be completed and returned in the Reply Paid envelope without delay – don't wait for a Census Field Officer to collect it.

### I have received a paper form. Can I complete it online?

In some locations, households will receive a paper form upfront with the option to complete the Census online. If you're able to access the internet, just follow the simple instructions on the front of the form to complete it online.

If you complete it online, do not mail back your paper form – please recycle.

### Will personal information be shared with other government departments?

No. The personal information which you provide in the Census is not shared with any other government departments or agencies including the police, Australian Taxation Office or Centrelink.

The ABS is legally bound to protect the privacy of all Australians and will not release your information in a way that will identify any individual or household.

### What happens to my personal information after the Census?

After data collection and processing, the ABS will remove names and addresses from other household information. Names and addresses will be stored separately and securely from other Census data. Names and addresses will be destroyed four years after collection or earlier, once there is no longer any community benefit from their retention.

### Is the Census compulsory?

Yes. Everyone in Australia on Census night must complete the Census. It's the law.

### Where can I find out more information about the Census?

If you have any questions, like what to do if you're not home on Census night, how to complete the Census in a share house, or what to do if you don't receive your letter, please search *Census*.



**Census**  
census.abs.gov.au

OUR MOMENT TO MAKE A DIFFERENCE