Dear Parents and Community Members

It was certainly one exhausted group of children who arrived back on Friday afternoon. So exhausted were they that it was impossible to get anything but monosyllabic responses to questions about camp. I imagine they slept well Friday night!

As always the children were well behaved. Dave, the bus driver, told me that I was lucky to have such beautiful kids and Colin from Laserscape emailed me the following:

*Thank you for sharing your group with Laserscape. My staff asked me to pass on their compliments. A fine group. In fact, Smoke referred to them “as a real nice group of country kids”.*

A camp, as you would no doubt appreciate, involves a lot of planning and a staff keen to offer our children every opportunity. I would particularly like to thank Sherree Nicholson, Leanne Capelli and Chrissy Nicholl for attending camp and Josie Kent for keeping track of the finances.

Regards

Lyndy Richmond

Principal

**Moorine Rock Primary School continues …**

<table>
<thead>
<tr>
<th>Year</th>
<th>Events</th>
</tr>
</thead>
<tbody>
<tr>
<td>1977</td>
<td>Teacher TW Coombe and E M Nicholson with 16 students and 2 Pre Primary. Mrs Nicholson is Pre Primary Aid. Moorine Rock came third in interschool sports with Kim Stephens winning Senior Boy Champion. Mrs Irving organised the school concert for Christmas.</td>
</tr>
<tr>
<td>1978</td>
<td>Teacher Joseph Fasolo with 13 students. The P&amp;C organise a fashion parade which raises $450.00.</td>
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<tr>
<td>1979</td>
<td>Teacher Joseph Fasolo with 13 students. Director of Education visited the school. P&amp;C built a pine fort lookout. The children billeted at Guildford Community Recreation Centre during school camp. The school attends official opening of Southern Cross Museum 03.08.1978 where the guest speaker was Sir Wallace Kyle.</td>
</tr>
<tr>
<td>1980</td>
<td>Teachers Joseph Fasolo and Marilyn Blyth with 13 students. Laurel Blyth (music) and Elizabeth Nicholson. 2 Pre Primary. Students attend a long weekend at Kalgoorlie. Moorine Rock finished third at Interschool Carnival.</td>
</tr>
<tr>
<td>1981</td>
<td>Mr J Fasolo with 12 students. Swimming Carnival held in Southern Cross with Moorine Rock as host. A music fest involving seven schools was held in the Southern Cross Town Hall.</td>
</tr>
<tr>
<td>1982</td>
<td>Teacher Mr T Nagle and Mrs C Nagle part time with 12 students. Six visits to Bodallin for Art and Craft sessions. Children perform the play &quot;High Noon&quot; at a cultural festival in Southern Cross. Interschool Sports hosted in Southern Cross hosted by Moorine Rock School which came second. On Christmas Tree Night, the children performed the musical &quot;Poppy Seed Cakes&quot;.</td>
</tr>
</tbody>
</table>
Next Friday, 28.10.2016, all children from MRPS will be travelling to Southern Cross DHS to participate in several events. They are:

- Primary School T/20 Blast Carnival - Years 4-6
- Pink Stumps Sports Day - Years P-6
- Safe on Social (SOS) - Years P-6

The cricket carnival is held annually and involves students from Years 4-6. However this year, we are using it as a fundraiser for Breast Cancer and ask ALL students to come dressed in pink (pink hair, pink zinc, pink socks etc) and to make a gold coin donation.

The Safe on Social (SOS) is a program aimed at educating children about safety in cyber space. Again, all children will be involved. Children in Years P-2, along with Southern Cross DHS and St Josephs will attend a session between 9.50 - 10.50 am. The older students will attend after the cricket carnival from 1.30 - 2.30 pm.

When not involved in SOS, our Junior children will be working with Mrs Beaton in her classroom. I am sure they will be delighted to see her.

All children will need to bring crunch and sip, morning tea and lunch as well as water and a hat.

Children will be travelling by bus and private vehicles to and from Southern Cross.

### Upcoming Events

<table>
<thead>
<tr>
<th>Date</th>
<th>Day</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>28.10.16</td>
<td>Friday</td>
<td>T20 Cricket Carnival and Pink Stumps Day</td>
</tr>
<tr>
<td>02.11.16</td>
<td>Wednesday</td>
<td>Finance and School Council Meeting</td>
</tr>
<tr>
<td>04.11.16</td>
<td>Friday</td>
<td>Lyndy absent</td>
</tr>
<tr>
<td>21.11.16</td>
<td>Monday</td>
<td>The Prince Who Stole Christmas</td>
</tr>
</tbody>
</table>

This week’s ideas from LiveLighter® for families

**LiveLighter® tip #1** - Choose plain water or soda water in place of a sugary drink.

**LiveLighter® recipe #1** - Mexican mince loaded potato style -
Mental Health in Childhood

Good mental health is important for everyone. Even young children can learn how to cope with their emotions, become resilient and develop positive relationships. This is called ‘social and emotional learning’.

School work can be affected by how a child is feeling. Children are more ready to learn when they feel emotionally stable.

Family has the biggest influence on a child’s mental health. Help your child to build their resilience by:

- Providing love and security
- Listening to their concerns
- Providing them with reassurance
- Building their strengths while allowing for vulnerabilities
- Talking to school staff, and being part of the school community
- Seeking additional help if necessary

For further information, please contact your school’s Community Health Nurse or school psychologist.

Melbourne Cup – Tuesday 1st November
Melbourne Cup Sweep

I will be running a Melbourne Cup Sweep again this year. The cost of a horse is $5. We need 24 starters, first in with their money are assured a horse. You may have more than one horse and if there are enough starters we will have two sweeps.

First Place Prize Money $70
Second Place Prize Money $30
Third Place Prize Money $15
Lucky Last Prize Money $5

Thanks
Josie Kent
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/swimming.

Enrolments close on Monday 28 November for the earlier programs and Monday 5 December for the second January program.
Help your child to achieve and smooth and success 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:** 10\(^{th}\) 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!
Standard Mental Health First Aid

This course teaches adults how to assist other adults who are experiencing a mental health crisis or developing a mental health problem.

What is Mental Health First Aid?
Mental health first aid is the help given to someone developing a mental health problem or in a mental health crisis. The first aid is given until appropriate professional treatment is received or until the crisis resolves.

What is the Standard Mental Health First Aid course?
The Standard Mental Health First Aid (MHFA) course is based on the international MHFA Guidelines. These guidelines were developed using consensus of mental health consumers, carers and professionals from English-speaking developed countries.

Course Content
The Standard MHFA course teaches members of the public how to assist someone who is developing a mental health problem or in a mental health crisis.

Developing mental health problems covered:
- Depression
- Anxiety problems
- Psychosis
- Substance use problems.

Mental health crises covered:
- Suicidal thoughts and behaviours
- Non-suicidal self-injury
- Panic attacks
- Traumatic events
- Severe psychotic states
- Severe effects from alcohol or other drug use
- Aggressive behaviours.

Participants will learn the signs and symptoms of these mental health problems, where and how to get help and what sort of help has been shown by research to be effective.

Course Format
This is a 12-hour course (4 modules, each 3 hours). The delivery format is flexible. Course participants receive a copy of the Standard MHFA Manual to keep and a Certificate of Completion.
Course Outline

SESSION ONE (3 hours)
- Mental Illnesses
  - Prevalence and impact
  - Spectrum of interventions
- Mental Health First Aid
  - The MHFA Action Plan
- Depression
  - Signs, symptoms and risk factors
  - Interventions

SESSION TWO (3 hours)
- The MHFA Action Plan for depression
  - Crisis first aid for suicidal thoughts and behaviours
  - Crisis first aid for non-suicidal self-injury
- Anxiety
  - Signs, symptoms and risk factors
  - Interventions

SESSION THREE (3 hours)
- The MHFA Action Plan for anxiety
  - Crisis first aid for panic attacks
  - Crisis first aid for traumatic events
- Psychosis
  - Signs, symptoms and risk factors
  - Interventions

SESSION FOUR (3 hours)
- The MHFA Action Plan for psychosis
  - Crisis first aid for severe psychotic states
  - Crisis first aid for aggressive behaviour
- Substance Misuse
  - Signs, symptoms, risk factors, interventions
  - The MHFA Action Plan for substance misuse
  - Crisis first aid for intoxication
  - Crisis first aid for medical emergencies

Who can attend a MHFA course?
Any interested adult can attend. This course is not a therapy or support group, rather it is an education course. All instructors of this course are trained by Mental Health First Aid Australia.

About MHFA Australia

The Mental Health First Aid Program was developed in 2000 by Betty Kitchener and Prof Tony Jorm and operates within Mental Health First Aid Australia - a national not-for-profit organisation (based in Melbourne) focused on mental health training and research.

The Program has been well evaluated and found to be effective in improving mental health literacy, reducing stigma and increasing helping behaviours. These evaluations have been carried out in workplace and community settings.

Further information about MHFA related evaluations under the 'Research' menu of the MHFA website.

The Program has spread to every state and territory of Australia and internationally. More information under the 'International' link at the MHFA website.

For further information contact Dr. Teresa O'Brien at Teresa.O'Brien@crafe.wa.edu.au or 90813504