Student Attendance
Reports were distributed to students on Monday afternoon. Please take special note of your child’s attendance percentage. Students with attendance below 90% are considered to be at educational risk. That is, if they miss 1 day per fortnight or 20 days over the course of the school year. Regular attendance at school is fundamental to student learning and any absence has the potential to adversely impact a child’s learning. Where possible, your support in organising appointments outside of school hours and planning family vacations for the school holidays will assist in making sure your child isn’t at risk. Please don’t hesitate to contact us if you require support to improve your child’s attendance.

Staffing Update
Special thanks to Mrs Padfield who has been relieving for Mrs MacDonald in Room 21 throughout this semester. Mrs MacDonald is very excited to be returning to school next term. Best wishes to Mrs Higgins who is on leave for the beginning of next term and to Mrs Royal who is away for the first 6 weeks of term. Mrs Kenny will be relieving in Room 19 and Mrs Baldock will be relieving in Room 23.

Before and After School Care
Please remember that children should not be arriving at school prior to 8.30 am unless they are attending special events such as Choir, Band or Orchestra. Children should also be collected promptly at the end of the school day. If your commitments make this difficult, please arrange for your child to attend OSH Club.

Personal Items
A gentle reminder that children should not be bringing personal items such as fidget spinners to school. It can be very upsetting for them if they are lost or broken. Parents are reminded that the school accepts no responsibility for items that children do bring to school. This include mobile phones.

No Dogs on School Grounds
Following concerns expressed at our recent P&C meeting, I would like to remind everyone that dogs are not permitted on school grounds at anytime.

Happy Holidays
It’s been an extremely busy term at Rossmoyne Primary. Some of the special events have included swimming lessons, NAPLAN, Edu-Dance, our P&C disco, Walk to School Day, Singfest, our Department of Education Services Review and the Winter Carnival. Everyone has certainly earned a break. I hope everyone enjoys safe and happy holidays. I look forward to seeing you back for another busy term. Next term’s special events include Cross Country, Science Week, Book Week, school photos, Athletics Carnivals and the Massed Choir Festival.

Students and staff return to school on Monday 17 July.

Rochelle Williamson
Principal

Woolworths Earn and Learn is back!
26th July to 19th September 2017
For every $10 you spend at Woolworths or Big W, you will receive an Earn and Learn sticker to stick on an Earn and Learn sticker sheet. When your sheet is completed, bring it to our school office, put it in the special box and get a new sheet to fill up! Or, you can just drop your stickers in the box. The more stickers we collect, the more resources we can get for our school! Last year we collected over 11,000 stickers and redeemed them for $1400 worth of books and games. This year we want to do even better! There will also be a sticker collection box for Rossmoyne Primary at Southlands Woolworths. Please tell your family, your neighbours and your friends!

Upcoming Events:
* 27 July - Room 8 Assembly
* 28 July - Faction Cross Country
* 7 August - School Board meeting
* 24 to 25 August - School photos
Friday 21 July is an important date in your child’s education
Families need to apply to enrol their children in a public school for 2018 if they are:
• starting Kindergarten – 4 years old by 30 June 2018
• starting Pre-primary (first year of compulsory school) – 5 years old by 30 June 2018
• starting Year 7 (first year of secondary school)
• changing schools.
All children from Pre-primary to Year 12 are guaranteed a place at their local public school. To apply to enrol your child, visit your local school by Friday 21 July 2017.

For more information or to find your local school visit education.wa.edu.au
2017 Edu-Dance Spectacular!
What's been happening in Physical Education?

Winter Carnival
The Interschool Winter Carnival was held on Tuesday. Eighty Year 5 and 6 students represented our school in soccer, hockey, AFL and netball. Our Rossmoyne values of respect, dignity and integrity shone through. The AFL team placed 3rd, soccer 5th, hockey 5th and netball A, B and C teams placed 2nd, 4th and 2nd respectively. Congratulations to all participants on your effort and commitment to your teams. Thanks to Mrs Blowers, Mr McNamee, Mrs Williams, Mrs Clark, Mrs Sharp, Mrs Taylor and Mrs Atartis who helped coach and/or manage the teams on the day. Thanks also go out to Mr Wilson, Mrs Baldock and Mrs Marshall who coordinated the teams during senior sport sessions and at the carnival. It was great to have so many parents come down to cheer on our teams. More photos will be displayed outside the PE office as they come in.

Health Month
Students have been learning about how important hydration and sleep are to our bodies and minds. You may have heard facts about how much water our bodies contain and how much water we should all be drinking in a day. Students were given rubber bands to reach their goal of drinking two bottles of water each day. The sports captains completed a project on how much sugar is in some drinks. Check out their findings on the notice board outside the library.

Next Term – Physical Activity and Mindfulness
After the holidays students will be engaged in 15 minutes of daily fitness each morning throughout week 1. It has been proven through research that physical activity makes us more alert and activates the brain. Physical activity also releases endorphins. This hormone is also known as the ‘feel good’ hormone. During the last week of Health Month, students will be exploring mindfulness. Research shows practising mindfulness reduces stress and anxiety. Students will be exploring age appropriate information and strategies that help practise mindfulness.

Term 3 Dates:
- Faction Cross Country (Year 3, 4, 5 and 6) – Friday 28th July
- Interschool Cross Country - Tuesday 15th August
- Faction Athletics – Wednesday 13th September

Mrs Goodacre, Mrs Flynn and Mr Wilson

What’s Been Happening in Languages?

Language Perfect
Congratulations to our students who are continuing to use Language Perfect. They have completed an amazing 90 099 questions and their feedback continues to be really positive. One student said ‘I LOVE it because it’s fun and challenging! I get to learn more things, more quickly and there are global competitions. It’s the best!’

Language Perfect Competition
Language Perfect is running a Language competition for Rossmoyne Primary School between 30th June to 21st July. They have donated some prizes and the first 10 students to earn 200 points will each win a $10 iTunes voucher. Students can log in by going to www.educationperfect.com/login. If students have forgotten their log in details, parents can email Language Perfect - support@languageperfect.com

Mrs Foo
From the Community Nurses:

Colds
Upper respiratory tract infections or colds are everywhere, especially in winter, so it is almost impossible to stop children from catching them. Here are some points which may help:

- Teach your child to cover his/her nose and mouth when coughing or sneezing, and to wash hands straight afterwards.
- Coughing/sneezing into the elbow (cough catcher) is even better
- Hands should be washed after blowing noses and before eating.
- Use tissues once and then throw them in the bin. (Avoid using handkerchiefs.)
- Keep your child home from school if he/she has a cold/cough/fever/pain.
- Make sure that your children eat a balanced diet of plenty of healthy foods.
- Keep children away from smoke - it irritates their eyes and nasal passages, making it more likely that they will catch a cold.

What to do if your child gets a cold:
No treatment will cure a cold or make it go away more quickly, but you can help your child feel more comfortable:

- Rest: This need not be in bed.
- Provide extra drinks: If your child doesn’t want to drink much, try giving lots of small sips of water, milk or juice, or ice-blocks to suck for older children.

Influenza
Influenza, or the ‘flu’ is caused by an influenza virus. It is spread through the air when someone coughs, sneezes or talks. It is also spread by touching something that has the virus on it and then touching your nose, eyes or mouth. Common symptoms include sore throat, cough, fever, headache, chills, tiredness and muscle aches.

People with the flu should rest and drink plenty of fluid. Use paracetamol in recommended doses if necessary - but do not give children any medication containing aspirin. Be sure to keep your child home from school while he or she is sick.

The best way to prevent flu from spreading is by washing your hands regularly and after coughing, sneezing or blowing your nose. Flu vaccines are available prior to winter starting. For more information, contact your GP or local Immunisation Clinic.

Why should I consider having my child vaccinated against the flu?
The National Health and Medical Research Council, Australia’s peak body for health advice, recommends annual vaccination for anyone six months of age or older who wants to reduce their chances of becoming ill with the flu. Annual flu vaccination is strongly recommended for anyone six months of age or older with a medical condition that places them at higher risk of severe illness from flu. Children and adults with heart, lung or kidney disease or a weakened immune system, are eligible for free flu vaccine through the National Immunisation Program. Children without underlying medical conditions who become infected with flu can also develop serious illnesses. Flu can cause high fever and pneumonia, and make existing medical conditions worse. Flu can also cause convulsions and diarrhoea in children. Influenza viruses are always changing. Each year scientists try to match the strains of influenza viruses in the vaccine to those most likely to cause flu illnesses that year. It takes up to two weeks for protection to develop after vaccination against flu and protection lasts about a year. The seasonal flu vaccine is available on prescription or via GP and immunisation clinics and is provided free for certain groups. Flu vaccines are available prior to winter starting. For more information visit healthywa.wa.gov.au/immunisation or contact your GP or Immunisation Clinic.
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FREE, FUN KIDS PROGRAM

DO YOU HAVE KIDS 7-13 YEARS OLD? ARE YOU WORRIED ABOUT THEIR WEIGHT?
The Better Health Program is a fun, interactive 10 week healthy lifestyle program for families. In a supportive and friendly environment, children become fitter, healthier and happier.

PLACES ARE LIMITED! FIND OUT MORE OR REGISTER NOW:

Starts: Two programs available:
July 18th or July 19th, 2017
Day:  Tuesday or Wednesday
Time:  4.00pm – 6.00pm

Call us: 1300 822 953
Text us: 0409 745 645
Online: www.betterhealthprogram.org

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