Assembly: Our year 6 class hosted assembly this morning and gave us an entertaining performance of *The Fairest of Them All*. THANK YOU to Ms Franchetto and her Year 6 students for their efforts. CONGRATULATIONS to all of our merit award winners.

P&C: THANK YOU to our parents who came along to the AGM on Wednesday night. We had about 20 parents attend. I am pleased to announce the following executive committee members as follows:

- President: Chris McCafferty
- Vice President: Abby Syers
- Secretary: Emma Collyer
- Treasurer: Neridah Deering
- Fundraising Coordinator: Pam Arnold
- Uniform Coordinator: Tess Bryant

Our P&C is always looking for volunteers; don’t feel you have to attend meetings. A BIG THANK YOU is extended to our past committee members for your work within our P&C and our school. You are all very much appreciated.

We also had a great night out at the P&C Quiz night. An amazing amount of $6096.00 was raised. THANK YOU to the organisers and to everyone who attended.

Each year, our P&C financial records must be audited by someone independent of the P&C. The auditor is required to audit ALL committee funds e.g. canteen, fundraising, uniform shop. If you are able to assist, please contact me or our president, Chris.

Mural: Mrs Martin, our DP, has applied for a culture and arts grant from the City of Joondalup. The mural will be painted in the Gull block, where the blackboard is currently located. The mural will start on Tuesday, 28 April, with our artist-in-residence working with the children to sketch the design. Students in the Gull block will be involved in painting. We need about 20 parents over the six days the mural will be completed to assist with supervision of the children. If you are able to offer a couple of hours, please ring or email our school and let us know your availability, even if it is only an hour or two.

Professional Development: Our staff has been participating in various professional development throughout the term. As a school, we are reviewing our English and Mathematics programs. We are in the process of introducing literacy and numeracy blocks whereby these learning areas are taught at the same time throughout the whole school. Staff also had professional learning on teaching reading from the English curriculum delivered by Juliet Vanyal from the West Coast Language Development Centre Outreach Service.
Chaplain: As a result of the Federal Government's funding cuts, we no longer qualify for a chaplain. Our P&C and our school funded Mrs Fruin for first term 2015, but, unfortunately, we cannot afford to fund her for any more time. Mrs Fruin has been a wonderful asset to our school providing a valued pastoral care program. Students have enjoyed a myriad of craft activities over the past three years, as well as weekly cooking sessions. Mrs Fruin provided a fun room for students to go to during recess and lunch and always had a listening and supportive ear for everyone. Mrs Fruin also ran many BUZ programs within various classes which focused on social skills and how to be a great friend. We will miss Mrs Fruin and wish her all the best for her future endeavours.

Lapathon – THANK YOU to Mrs Thorby for organising the day and to our families for their generous donations. Please ensure all money is handed into our school by Monday, 30 March. We will be awarding our prizes at our final assembly for the term on Thursday, 2

Environmental Garden: We are holding our inaugural Environmental Garden committee meeting on Tuesday, 24 March @ 3pm, in our pre-primary room. Everyone is welcome. Thank you to the parents who turned up for the meeting on our original published date on 17 March. Please accept my apologies for forgetting to advertise that the date had been moved!

Staff Leave: All Department of Education staff have been directed to use all long service leave entitlements by the end of 2016. Mrs Koski, PP education assistant, is on leave until the end of the term. Mrs Hood, Mrs Keetch and Mrs Scott are replacing her during this time.

Holiday Care - Chooks and vege garden: We need families to feed the chooks, birds and water the garden over Easter and the two week holiday break. If you can spare some time, please see Mrs Davidson as she is compiling a roster.

Janine Moses
Principal

P & C dates for 2015:

Term 2:

• Wednesday, 6 May @ 7:30pm
• Wednesday, 3 June @ 7:30pm

Term 3:

• Wednesday, 5 August @ 7:30pm
• Wednesday, 2 September @ 7:30pm

Term 4:

• Wednesday, 28 October @ 7:30pm
• Wednesday, 25 November @ 7:30pm

EVERYONE IS WELCOME 😊
Congratulations to all students who received a merit award at today’s assembly. Well done!
These students all received Mathletics certificates: bronze, silver or gold for completion of set activities.

Congratulations!

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Annika and Ava (Both Y6) represented the Mullaloo Surf Life Saving Club at the State Championships. Ava participated in the Flags Event plus the Cameron Relay and Beach Relay. Annika participated in the Surf Race, Iron Event, Board Relay and Surf Relay.

Well Done!
From the French Room

Bonjour à tous!

We have yet again started the year with a wonderfully enthusiastic group of Debutantes (beginner French students).

Riley has recently written a card to the French Room in which she says she is so glad that she is old enough to be now learning French! Youpi!

Can Yr 1/2 parents be reminded that French lessons start @ 8.40 am each Friday? If children are late they are missing precious time from a 40 min once a week lesson.

On Saturday March 14th Mme Wilderspin attended the Australian Federation of Modern Language Teaching Assoc. Workshop. This workshop is currently being held around Australia this week. There were 108 attendees for Western Australia. There were only two primary French teachers in attendance and therefore our school received pleasing recognition at this event.

The workshop aims were to:

* promote and support a national conversation around the Australian Curriculum Languages
* stimulate thinking about and opportunities to engage with the curriculum materials
* provide teachers with a balance of the theoretical and the practical through language specific exemplification
* support teachers in beginning to trial the curriculum in classrooms around Australia
* link with the AFMLTA and AITSL Professional Standards and provide a certificate identifying standards addressed

This Australian Curriculum Languages Professional Learning Program was a very worthwhile experience and Mme Wilderspin was very proud to represent our school.

Chaplain’s Chat

Hi everyone,

In this day and age stress is on the rise. After chatting with some concerned members of the community I thought I would give you some clues relating to anxiety.

An article published by Beyond Blue www.beyondblue.org.au called “What Causes Anxiety” might be of interest to read. Please find it after my Chaplain’s Chat note.

* * * * *

It is with a very heavy and sad heart that I say farewell to this school community.

Unfortunately, the funding cuts for the Chaplain’s role in this school will take affect from the end of term one.

I have had a wonderful time at Mullaloo Heights Primary School getting to know all you gorgeous children, walking alongside the fantastic staff whilst also meeting some wonderful families. I feel my life has been enriched through my experiences at Mullaloo Heights and I walk away a different person than when I first arrived.

Thank you each and every one for allowing me to walk with you for a short while in life. I will miss you all but at the same time I will take away fond memories. My last day will be Monday 30th March 2015.

My parting words of wisdom would be

"Always treat others the way you yourself would like to be treated."
"Kindness always wins over unkindness."

All the best for the future

Love

Bev Fruin
School Chaplain
What causes anxiety

As with depression, it's often a combination of factors that can lead to a person developing anxiety.

Family history of mental health problems
People who experience anxiety often have a history of mental health problems in their family. However, this doesn't mean that a person will automatically develop anxiety if a parent or close relative has had a mental illness.

Ongoing stressful events
Stressful events can also trigger symptoms of anxiety. Common triggers include:

- job stress or job change
- change in living arrangements
- pregnancy and giving birth
- family and relationship problems
- major emotional shock following a stressful or traumatic event
- verbal, sexual, physical or emotional abuse or trauma
- death or loss of a loved one.

Physical health problems
Continuing physical illness can also trigger anxiety or complicate the treatment of either the anxiety or the physical illness itself. Common conditions that can do this include:

- hormonal problems (e.g. overactive thyroid)
- diabetes
- asthma
- heart disease

If there is concern about any of these conditions, ask a doctor for medical tests to rule out a medical cause for the feelings of anxiety.

Substance use
Heavy or long-term use of substances such as alcohol, cannabis, amphetamines or sedatives can cause people to develop anxiety, particularly as the effects of the substance wear off. People with anxiety may find themselves using more of the substance to cope with withdrawal-related anxiety, which can lead to them feeling worse.

Personality factors
Some research suggests that people with certain personality traits are more likely to have anxiety. For example, children who are perfectionists, easily flustered, lack self-esteem or want to control everything, sometimes develop anxiety during childhood or as adults.

Everyone is different and it's often a combination of factors that can contribute to a person developing anxiety. It's important to note that you can't always identify the cause of it or change difficult circumstances.

The most important thing is to recognise the signs and symptoms of anxiety and to seek help. The sooner you seek help, the sooner you can recover.
The P&C Quiz Night which was held on Friday, 13 March, was very well received by the school community. With the support of the school and local business community, the event raised a total of $6096.90!!

Special thanks to everyone who gave their time - Erica, Philippa, Sharon, Ana, Helen, Pam, Sam, Neridah, Danita, Mitzi and Darren. Without your assistance leading up to and at the event, the night would not have gone so smoothly!

We would also like to make a special thank you to all our sponsors - particularly the major sponsors for the night. Thank you to Oceanside Realty, Anytime Fitness, and Joondalup Pest Control for the generous donations, and to Philippa Taylor for running the bar with Erica all night.

A final thank you to everybody who donated to the hampers, bought a seat at a table, bought a drink, a raffle ticket, or bid on an auction - the school community made the night the success that it was and we look forward to more events like this in the future.

Abby, Chris and Shane
P&C Representatives

The P&C Cake stall held on the oval during the Lapathon was a great success!
Thank you to all the parents who donated all the scrumptious baked goods. A total of $358.10 was raised on the day!

Big thanks go out to Leisa, Danita, Abby, Lara, Sarah and Trish, who helped out on the stall on the day. Your help was much appreciated.

HOT CROSS BUN MORNING TEA
TUESDAY 31 MARCH 2015

Why not join in the fun and help support the P&C by ordering recess for Tuesday, 31 March 2015. We will be ordering hot cross buns from Bakers Delight, Mullaloo, to be delivered to the classrooms for recess. Please see the order form attached to the email.

We will also be doing an Easter Raffle on Tuesday, 31st March. Children can bring in money if they wish to buy tickets. They will be 50c each or three for $1, and children may buy up to $2 worth each. The prize will be an Easter hamper!
SURVEY FOR PARENTS AND KIDS

Researchers at the University of Western Australia are looking for parents with children or teens between the ages of 8 and 16 to help us find out more about the relationship between the personality trait, narcissism, and children’s emerging understanding of who they are (their sense of self and self-esteem).

The survey can be done over the internet and at home, and it takes about twenty minutes of your time (10 mins parents, 15 mins children). Parents are given the opportunity to enter a draw to win one of twenty $50 gift certificates to Coles/Myer.

To participate go to:

www.tinyurl.com/SSBParents

For more information please contact Kate Derry at 6488 3259.
OCEAN REEF Senior High School

Opportunity Challenge Growth

Are you thinking about enrolling your child at Ocean Reef Senior High School? Unsure how to secure a place or complete an enrolment application? Wondering what Specialist Programs we have on offer?

We invite all parents/carers of Year 6 students to our INFORMATION EVENING
Monday 30th March 2015 at 6.30pm – 7.30pm

This event is always oversubscribed and your prompt attendance will assist us with seating arrangements.

If you are unable to attend, please be aware Years 7 2016 applications for the Specialist Programs close on 4th May 2015
Application forms are available to download on our website www.oceanreef.wa.edu.au after 30th March 2015.

JUNIOR FISHING CLINIC
April 2015

Age 9 – 16
$200

Tuesday 7th 9:00am to 12:00pm
Learn how to rig a rod, casting practice and games, safety on the water and on boats
Wednesday 8th 7:00am to 1:00pm
Boat Fishing Sausage Sizzle
Thursday 9th 7:00am to 1:00pm
Boat Fishing Sausage Sizzle Weigh In Competition

Bring a hat, bottled waters and warm clothing as the wind feels cool on the water.
Sunscreem and life jackets are provided, as well as sausage sizzle on Wednesday and Thursday.
Please bring snacks and drinks on Tuesday. Bring an old pillow case or similar to keep caught fish in.
No Plastic Bags

Contact: Tel 9246 2933
E development@hillarysyaughtclub.com.au
HILLARYS YACHT CLUB
6 NORTHSIDE DRIVE HILLARYS
www.hillarysyaughtclub.com.au

HILLARYS YACHT CLUB
SCHOOL HOLIDAY PROGRAM

START SAILING COURSE

APRIL 2015
Start Sailing 1, Start Sailing 2, Better Sailing, Start Racing, Better Racing

Tuesday 7 to Friday 10 2015
8.30am – 12.30pm Age: 9 – 17 Cost $220 (4 day program)

Monday 13 to Friday 17 April 2015
8.30am – 12.30pm Age: 9 – 17 Cost $250 (5 day program)

Looking for something fun and exciting to do these school holidays?

The ‘Yachting Australia Discover Sailing’ program is designed to progressively teach you how to sail dinghies, starting with the essential skills in the first course, ‘Start Sailing 1’ to more advanced skills and techniques which are gradually introduced in each of the five courses, leading to ‘Better Racing’.

Things to bring are: Bootees, T-shirt, Boardies, Suncreen, Water Bottle, Morning Tea, Change of Clothes, Towel, Runners, Thongs, Wallet (if you prefer but not compulsory)

The Yachting Australia Training Scheme is delivered by trained and qualified instructors and is a world class learning experience. On course completion students will receive the Yachting Australia Certificate and log book.

Contact: Tel 9246 2933 E development@hillarysyaughtclub.com.au
W hillarysyaughtclub.com.au

A 65 Northside Drive Hillarys
AUSSIE RULES FOR JUNIORS

- Boys & Girls aged 3 - 8 years
- Basic, skills based introduction to Aussie Rules
- Indoor sessions
- Modified equipment
- Ideal for beginners
- Age appropriate programs
- Parent help for 3 & 4 year olds
- FOOTBALL TO KEEP!

Where
Beaumaris Primary School Hall, Beaumaris Blvd, Ocean Reef

Starts
Saturday the 2nd of May
3 year olds - 9.00am to 9.45am
4 year olds - 9.45am to 10.30am
5 and 6 year olds - 10.30am to 11.15am
7 and 8 year olds - 11.15am to 12.00pm

Cost
$90 for 6 weekly sessions and a football for you to keep!

To secure your place, you MUST register by one of the following methods:
- Email - rego@getactivesports.com.au
- Phone - 1300 772 106
- Website - www.getactivesports.com.au

REGISTRATIONS FOR TERM 2 ARE NOW OPEN!

No session on 30th of May due to long weekend but our program will still run for 6 sessions.

To register, please let us know the location of the program and your child’s details as below.
Once registered bring the completed, signed consent form and payment to the first session.

OCEAN REEF AUSSIE RULES FOR JUNIORS CONSENT FORM - TERM 2, 2015

Name:............................................................................................................ D.O.B:.................................................. Male / Female
School/Kindy:......................................................................................................................
Phone (Home):................................................................................................. Phone (Mobile):..........................................................

Any relevant medical conditions/medication taken?
I acknowledge that I was required to stay with my child for the duration of each session and, if required, will administer my first aid. I hereby release Get Active Sports from any liability for injury incurred by my child in the Get Active Sports program.

Parent/Guardian Name:.................................................................................. Parent/Guardian Signature:..........................................................

Payment Method: Cheque / Credit Card / Cash

CREDIT CARD DETAILS
No:................................................. Expiry Date: ______________________________
Cardholders Name:.........................................................................................................................
Signature:.......................................................................................................................... Amount: $...........................................

Please have correct money, make your cheque payable to Get Active Sports or complete card details above.

OCEAN REEF EDUCATION NETWORK (OREN)
Mullaloo Heights Primary School is a member of the Ocean Reef Education Network [Est. 2011] who, with our Network of schools, is working toward agreed Network outcomes focusing on the depth and breadth of strategic and operational initiatives and programs for the benefit of our students and enhancing our Network community.