Welcome back
I hope you have all had a very restful and relaxing holiday. I know that you will all be celebrating the fact that a little bit of normality and routine has been restored into your households! But that does mean making lunches again and waking up early!

As I mentioned at the end of last term, we welcome Melinda Arnold and Sue Moynihan as part of our school staff this term as they work a day each week whilst Lorraine Church is on leave. We hope you enjoy your term with us. Mrs McRae will be working predominantly in the K/P/1 class for this term.

Confirmation
A reminder to all our families that this Mass will be celebrated on Sunday 31 August at 8.30am. Please come along and support the children who are celebrating this sacrament.

This week all families of Confirmation students would have received a letter regarding the parent and child workshops. These sessions are compulsory.

Hot water (noodles) at lunch time
On Tuesday morning I spoke to the whole school regarding hot meals (cuppa soups and 2 minute noodles). I am going to sound like a big ‘party pooper’ here but these very convenient lunch items can no longer be brought to school.

At the end of last term a noodle container caught fire in the microwave and a thermos of hot water was spilled (thankfully not on anyone!). I mentioned to the students that I would still love to see lunches brought in which can be heated in the microwave (such as pasta and leftovers!) but hot noodles really are becoming too dangerous to have in large quantities as well as taking far too long for children to make and then eat.

I love the fact that we are a small school and can provide two microwaves in the lunch area to heat lunches but please support us in maintaining a level of safety for all which we can monitor.

Thank you must go to all the children who were very supportive when I mentioned this.

Primary Winter Sports Carnival
We have under 5 weeks to go for this carnival which will be held on Friday 22 August. We are looking for volunteers to help us on the morning of the carnival as well as anyone out there who could assist with coaching our soccer team. We would love to hear from you!

A reminder the carnival will be held in Pemberton on Friday 22 August.

P&F and Board Meeting
Due to a lack of numbers, please note that we will not have the advertised P&F and Board meetings next week. Our first meeting for this term will take place on Tuesday 19 August. Apologies for any inconvenience.

P.T.O.

WHAT’S COMING UP?

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<tr>
<th>Date</th>
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<tr>
<td>Sat 26 Jul</td>
<td>PDHS 100th Ball</td>
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<td>Wed 30 Jul</td>
<td>Yr 4/5 Mass</td>
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<td>Wed 6 Aug</td>
<td>P/1 Mass (10.00am) Options - Day 1</td>
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<td>Fri 8 Aug</td>
<td>Early close (2.30pm)</td>
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<td>Free dress day</td>
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4/5 Mass
This Wednesday 30 July will see the 4/5 class host our Wednesday Mass at 10.00am.

Bishop’s RE test
Starting Monday 4 August, Years 3 and 5 will complete this annual series of tests centered around Religious Education.

Class Newsletters
Tomorrow all teachers will send out their class newsletters. Please take the time to read these newsletters and keep yourself up to date with the latest happenings in your child’s class.

Free dress day
A reminder that Friday 8 August is a Free Dress day for our school. We will be supporting the work carried out by World Youth International through a free dress day.

Canteen menu
A massive thank you to Kerry Bendotti for cooking up a huge amount of lasagnas in support of our new items on the Tuesday canteen menu. The new items were certainly the talk of the school on Tuesday!

Thank you for your feedback of our new items and we hope you like them!

Options 2014
There is only 6 sleeps until our Options program commences! Thank you to our Options leaders who are making it possible to run the following:

Outdoor Education
Brad Della Franca

Loom band creations
Miss Pedulla and Mr Pardini

Reptangle
Mrs McRae

Cooking
Mr and Mrs Batticci and Mrs Ryan

Have a fantastic weekend everyone!
Carlo Pardini
P & F News.......

Welcome back to Term 3!

Our P & F meeting has been cancelled for next week and will now be held on **19 August @ 6 pm** in the staff room. We will be discussing our Quiz Night. This will be the Quiz night to end all Quiz nights!!! So we need everyone to come along to the meeting and help make this a fantastic night. We are looking for your ideas, support and fabulous donations (if you have anything we could see that is!).

Also, a reminder to all parents of **Year 5 children**, that it is your turn to coordinate the food for this year’s Confirmation (Sunday 31 August). We are looking for someone to coordinate this with the other Year 5 Mums and Dads. Please help us make the morning tea after Confirmation a beautiful celebration.

Have a great week and we look forward to seeing you on the 19 August!

P & F Executive

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**Southernners Junior Football Club**

**Saturday 26 July**

**Vs Boyup Brook @ Boyup Brook Oval**

Game times

- **Year 4/5** 8am for 8.30 bounce down
- **Year 6/7** 9am for 9.30 bounce down
- **Year 8/9** 10.15am for 10.45 bounce down

See you all at training today 4.30pm!

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**Western Warriors**

Coach, Justin Langer and the Western Warriors Cricket team will be holding a clinic at the Pemberton Oval on Sunday 27 July from 10am to 11.30am.

All ages welcome to attend.

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**Canteen Roster**

**July 29**  Susan Moltoni & Paula Della Franca

**August 5**  Kelly Cabassi & Joo Kim Ebsary

**Altar Servers**

- **27 July**  Emma Ebsary
- **3 August**  Ryan Falconella
- **23 July**  Ryan Falconella
- **24 July**  Taj Barnsby
- **1 August**  Amelie Windberg

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Office Hours:
The office will be open Monday, Wednesday, Thursday & Friday next week.
Enrolment with the School Dental Service is not compulsory, but if you would like to attend our service, please ensure that you inform us of any name, address or telephone number changes to ensure that you receive your appointments and we can contact you if required. **Please email any new details to manjimupmobile@dental.health.wa.gov.au** (please include old details and date of birth of child so we can trace your records)

You may wish to save our telephone number 0409 935 793 into your contacts in case of emergencies (it does not receive text messages).

**Remember:**

We have limited fluoride in our water supply so please floss and brush twice a day with fluoridated toothpaste to reduce the risk of dental caries.

Rinse with water after eating

Sugar (including natural sugar) and sweets are only treats

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**My child won't eat breakfast. What can I do?**

Children who eat breakfast are able to concentrate better at school. Breakfast also influences how much energy your child has for physical activity during the day.

Remember healthy eating starts with you. Children are more likely to eat a healthy breakfast when they see their parents and other family members eating a healthy breakfast. Make time to sit down for breakfast in your morning routine.

Choose breakfast cereals that are low in fat and sugar and high in fibre. Choose wholegrain breads. To increase variety, add fruit and yoghurt to the menu.

What if you or your child does not feel hungry in the morning? Try eating less carbohydrate at dinner (in other words, leave out bread, rice, pasta, noodles or potatoes) so you wake up feeling hungry. Start with something small, even if it is just a piece of fruit to get you going for the day until your body gets used to eating in the morning. Once you get used to eating breakfast you will wake up feeling hungry.

Some ideas for breakfast:

- Vegemite muffins (using English muffins - whole meal or grain are best)
- Boiled egg and multigrain soldiers (4 minutes for runny eggs or 6 minutes for soft boiled)
- Baked beans
- Scrambled eggs in a whole meal pita pocket
- Sultana porridge (add sultanas to cooked oats).
- Banana smoothie (made with low fat milk, banana, plain/natural yoghurt and small amount of honey).

If your child doesn't like to eat at home in the morning, perhaps they'll happily eat a sandwich or cracker biscuit with cheese or peanut butter on the way to school.

Remember that healthy kids generally wake up with an appetite which is normal and natural - and should be satisfied with breakfast.