

Weekly Reminders

Week 2, Term 3 2017



ST. EMILIE'S
CATHOLIC PRIMARY SCHOOL

Reminder: Reconciliation Thanksgiving Mass

Just a reminder that **Year 3** children have their Reconciliation Thanksgiving Masses this weekend; **Saturday 22nd July at 6:30pm or on Sunday 23rd July at 9am or 5pm.**



Reminder: Eucharist Workshop

The Eucharist Workshops for **Year 4** children and parents will take place this coming **Wednesday 26th July (Week 2)**. Please **choose either 5pm or 6.30pm session.**



St Emilie's Raffle

The St Emilie's Raffle is drawing to a close on **Friday 21st July**. Thank you to all families for participating in selling and buying tickets. Families who have sold a full book will go into a separate draw to win a pizza oven or Hoyts movie tickets. The raffle will be drawn on **Friday 4th August** at Assembly. We greatly appreciate your support for our children and our community. Best of luck!



Keyed Up Music Lessons—Term 4

Keyed Up Music will be teaching group music lessons after school. Voice lessons are on Wednesday, Keyboard lessons are on Tuesday and Thursday. Guitar lessons are on Monday, Tuesday and Thursday. Lesson pricing start from \$16.95. To enrol your child please go to www.keyedupmusic.com.au/enrolment-form if you require more information please contact Therese Dabbs on 1300 366 243 or email us enquiry@keyedupmusic.com.au



P & F Subway Orders

St Emilie's students have the opportunity to order Subway for lunch on Monday 31st July. Order forms are due back to the office by **Monday 24th of July**. No late orders will be accepted.

Interschool Cross Country

Interschool Cross Country will be held at Tomato Lake on the 28th July. Please check the website <http://web.stemiliescps.wa.edu.au/?p=20194> for further details.

Father's Day Activities

To assist families we have organised for all Father's day activities; Father's Day Breakfast, Year 1 Father's Day Assembly and the Kindy and Pre-Primary Dad's Morning to be on **Wednesday 30th August**. If you have a child in both Kindy, PP or Year 1 you are welcome to take your Kindy or PP child to the Year 1 assembly and then go to the Dad's morning.

Having a Healthy Lunchbox

Healthy lunches and snacks are important for keeping active kids alert and focused and providing them with the nutrition they need every day.

A healthy lunch box should include:

- ⇒ **Fruit** – at least one serve of fresh seasonal fruit. If you don't have fresh fruit, canned (in natural juice) is a good substitute. Dried fruit is high in sugar and should be avoided
- ⇒ **Vegetables** – vegetable sticks, salads or a mix of raw (with dip) or grilled vegetables
- ⇒ **Dairy** – one serve of milk, yoghurt or cheese supports optimal growth and development in children. If your child can't tolerate dairy provide a suitable alternative.
- ⇒ **Protein** – lean meat or poultry, fish, eggs, tofu, legumes/beans, or nuts and seeds.
- ⇒ **Grain foods** – wholegrain and high fibre varieties are best.
- ⇒ **Water** – the best drink to keep children hydrated.



Remember, children who help plan and prepare their own lunch are more likely to eat it. Your child might like to try out this fun, 'Interactive Lunchbox' website: <http://www.goforyourlife.vic.gov.au/hav/articles.nsf/html/index.html>

P & F Disco

The P&F Disco will be held on **Friday 4th August**. The Kindy—Year 2 Disco will be from 4:30—5:30pm and the Year 3-6 Disco from 6pm-7:30pm in the hall. Tickets are \$5 and are to be bought at the door. The theme is Disney!



Woolworths Earn & Learn

The P&F are seeking 2 parents to coordinate the Earn & Learn program for St Emilie's this term commencing July 26th till end of September. We will have a collection box in the front office and outside Woolworths, The Vale. Please email pandf@stemiliescps.wa.edu.au if you would like more information and/or willing to volunteer.

Please check the school website regularly to ensure you are up-to-date.
Head to <http://web.stemiliescps.wa.edu.au/>