

# Weekly Reminders

## Week 6, Term 4 2017



ST. EMILIE'S  
CATHOLIC PRIMARY SCHOOL

### **Two Way Interview Dates For Kindy to Year 6**

This term, Two Way Interviews will be held during **Weeks 7 & 8**. Online bookings are now **CLOSED**. There may be some opportunity to book a meeting time via the school office if you contact us by early next week.

### **P&F Subway Lunch: Friday 24th November**

The P & F are providing Subway for lunch on **Friday 24th November**. The form is available on the [school website](#). Please complete the order form and return to the office by **Friday 17th November**. No late orders will be accepted.



### **P&F Movie Night: CANCELLED**

Thank you to those families who supported the P&F Outdoor Movie Night by purchasing tickets and volunteering to help with the event. As you are aware, unfortunately the movie night needed to be **cancelled**. Refunds for the tickets and fish and chip orders will be sent home via the eldest child in sealed envelopes within the fortnight. All families who purchased tickets were placed into a draw to win the door prize. **Congratulations to the Lucente family on winning this prize!**



### **AGM of the School Community**

The AGM of the School Community will be held on **Wednesday 22nd November at 6pm**. All members of the school community are invited to attend. From 5:40 to 6pm there will be refreshments and light supper and we anticipate that the meeting will finish by 7pm.

### **School Fees Are Now Due**

Fee statement reminders were sent home at the start of the term. Fees now need to be finalised as soon as possible. All families are expected to communicate with the school regarding late payments of school fees. Please contact our Finance Officer, Gillian Norris, at the front office on 92569696 (Available Monday, Tuesday, Thursday and Friday).

### **Uniform Shop News**



**Uniform Shop opening hours are: Tuesday & Thursday mornings from 8am—9am.**

### **Junior Shorts - No longer available in 2018**

From the start of 2018, the junior shorts will no longer be available to purchase at the uniform shop. This has been a decision made by the leadership team due to the quality of the shorts. All new Year One students in 2018 will be wearing the senior style shorts. There will be a transition period of two years for the junior shorts to be phased out of the school. If you have any questions, please direct them to Stuart Munro or Sharron and Julie at the Uniform Shop.

### **Uniform Shop - Last Day 2017**

The Uniform Shop will be closed on **Thursday 7th December (Week 9)**. Therefore, the last day the uniform shop will be open is **Tuesday 5th December (Week 9)**.

The uniform shop will reopen before school begins on **Monday 29th January 2018 from 1pm to 4pm**

### **Uniform Shop Reminder (Year 3 Only)**

Just a reminder for all Year 3's to purchase their senior shorts for 2018 before the end of Term 4.

### **Contact:**

Uniform Shop Coordinators: Julie and Sharron via email at [uniformshop@stemiliescps.wa.edu.au](mailto:uniformshop@stemiliescps.wa.edu.au).

**Please check the school website regularly to ensure you are up-to-date.**

**Head to <http://web.stemiliescps.wa.edu.au/>**

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## **Reminder: Edu Dance Concert**

The Edu Dance Concert will be held on **Friday 1st December at 2pm** in the school hall. Space is limited, however we will do our best to seat as many parents as possible.



## **New OT & Speech Pathology Providers**

At the start of the term we informed KZ Speech that we would not be continuing with their service next year. Please note that we have now secured the services of Berry Johnson (Occupational Therapist) and Wendy Marshall (Speech and Autism Specialist) here at St Emilie's. They will commence in Term 2 2018 with a Kindy screen and parent and staff workshops will be conducted throughout the year.

## **Kindy—Year 6 Parent Information Night**

The Kindy - Year Six Parent Information Night will be held on **Wednesday 31st January 2018 from 5:45pm until 8pm**. All parents are welcome to attend.

## **Important Dates: Term One 2018**

**Term One for all students will begin on Wednesday 31st January 2018.**

The following **Pupil Free Days** occur in **Term One**:

- Monday 5th March: Labor Day Public Holiday
- Friday 30th March: Good Friday Public Holiday
- Monday 2nd April: Easter Monday
- Tuesday 3rd April: Easter Tuesday
- Friday 13th April: Staff Professional Development
- Thursday 12th April will be the LAST DAY of Term one 2018**



## **Staying Healthy: Nutrition**

Good nutrition is especially important for all children with special needs, including children with chewing and swallowing difficulties.

### **What is Good Nutrition?**

- Having a balanced healthy diet, rich in all the food groups. Having enough calories or energy for normal growth and development.
- Having enough fibre
- Having enough fluids

### **Effects of Poor Nutrition and Overweight/Obesity**

- 69% of people with a profound/ severe disability are overweight or obese
- Having poor nutrition and/ or being overweight or obese means an increased risk of developing chronic diseases including diabetes, heart disease, sleep apnoea and some cancers.
- 23% have diabetes or a high sugar level before the age of 25
- These conditions lead to decreased life expectancy, increased hospitalisation, reduced mobility and generally poor quality of life.

### **Why are people with disabilities more likely to be overweight or obese?**

- Lower energy or calorie needs
- Difficulty participating in physical activity
- Medication effects
- Being given serving sizes that are too large for their energy needs
- Eating takeaway food, fizzy drinks, cordial, fruit juice and high energy treats
- Not enough fruit, vegetables, wholegrain bread and cereals, low fat dairy or water.

For good sources of information, go to [this website](#).

**From Clare the School Nurse**



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