

Merriwa Education Support Centre Newsletter

TERM 1 WEEK 7

14TH MARCH, 2024

Dear Parents and Families,

The term is quickly drawing to an end, with the Easter break just weeks away. I have noticed some Easter craft activities have begun and am sure there will be more in the coming weeks.

Please note that the last day of Term 1 is Thursday 28th March and students and staff return for term 2 on Monday 15th April.

Year 6 Swimming and Camp

Last week the Year 6 students attended two days of camp and In-term Swimming at Yanchep Lagoon.

Activities included Bowling and Bounce in Joondalup. The students had a wonderful time and learned how to work together to face challenges and increase their resilience.

We are very proud of our Merriwa ESC students.

Well done and thank you to all staff and parents who made this possible.



Principals' Afternoon Tea

We are proud to acknowledge those students who have chosen to attend the Principals' Afternoon Tea, which will be held on Thursday 28th March. This is a celebration of our expectations of being respectful, positive, friendly and achieving. Children will be given invitations soon.

Nut Awareness

Some of our students have extreme allergic reactions to nuts. We are grateful for not sending lunches and snacks that contain nuts and nut products.

Congratulations to our Merit Award Winners

Layla Room 32 Phoenix Rm 24

Israel Room 32 Tyler Rm 27

Samuel Room 25 Dwayne Rm 29

Harmony Day

We will be celebrating Harmony Day on Thursday 21st March and children are encouraged to wear orange to represent diversity.

Kind regards,

Natalie Campbell, Principal

WHATS ON

Breakfast Club

Each day from
8am in the
undercover area

School Photos

Week 10

25th & 27th March



School Online Canteen
ordering system.

Visit:

www.quickcliq.com.au

to sign up and
register

Available Mondays
Tuesdays and Fridays

Harmony Day

Thursday

21st

March

Role of the Community Health Nurse in Education Support Schools

Community Health Nurses work in Education Support Schools to provide services to children with physical and intellectual disabilities, and their families.

What do Community Health Nurses do in Education Support Schools?

- Provide advice and support to develop health care plans.
- Provide support for a wide range of family and child health needs.
- Assist schools to plan systems for first aid and emergency health care.
- Support school staff to meet students' basic care needs, so students can fully participate in learning activities.
- Support school based immunisation programs.

Community Health Nurses support families to support their children. If you are concerned about something affecting your child's health and wellbeing (at home or school) contact Sally Steffanoni at Sally.Steffanoni@health.wa.gov.au to arrange a suitable time to talk to or meet with the Nurse.

Crunch on vegetables!

This term our school is encouraging families to get excited about eating vegies by packing them as often as possible for Crunch&Sip®.

Why vegetables?

Vegetables and fruit are both important food groups packed with a range of nutrients that promote good health. However, while most primary school children are doing a great job of eating enough fruit, **only 1 in 16 are eating enough vegetables**. That's why it's important for children to get an extra serve of vegetables during Crunch&Sip® breaks.

Benefits of eating vegies for Crunch&Sip®

- Vegetables contain lots of vitamins, minerals and dietary fibre which help promote healthy growth and development.
- Vegetables can be a very cost-effective option - a serve of carrots or celery costs less than 30c!
- Do you have a fussy eater? When kids see their peers eating different foods, they are more likely to join in and try something new.



We encourage you to support us in this initiative by providing a healthy snack of whole or cut up vegies as the preferred option for Crunch&Sip®.



Supported by
healthway

Cancer Council
WA

Learn more at crunchandsip.com.au

Crunch&Sip®

Year 6 Swimming & Camp



JOONDALUP COMMUNITY SUPPORT HUB

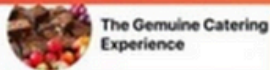


WHEN
Thursday
March 21st
April 18th
May 16th
June 20th
July 18th



Free Services Available Include:

Showers	Justice of the Peace
Laundry	Food Hampers
Hair Cuts	Doggie wash
Animal food	Clothing Bedding
Toiletries	Sausage sizzle



WHERE : Central Park West Car
Park P8 Joondalup
(off Grand Boulevard)
5:30pm - 7:30pm

Receive up to \$500 from ANZ for your 2025 back to school costs

Achieve a savings goal for 10 months and ANZ will match it up to \$500. You need to:

- Be 18 years or older
- Have a current Health Care Card or Pensioner Concession Card
- Have a child in school, starting school next year, or be studying yourself
- Get a regular income (can be you or your partner)
- Agree to join in free online financial education workshops

Terms and conditions apply.



MERRIWA PRIMARY P & C

Easter Raffle!

Tickets \$2 each

2nd and 3rd prizes include a \$50 voucher for 115 Collective & delicious Easter chocolates!

First prize is a beach pack:

- Tahwalhi quad fold beach cart
- Body board
- Triple water rider
- Beach volleyball
- Crocodile beach set
- Skim ball
- Goggles

RAFFLE DRAW THURSDAY 28TH MARCH (LAST DAY OF TERM 1)