

Term 2 Week 1

18th April, 2024

# Merriwa Education Support Centre Newsletter

## Principal's Message

Dear Parents and Families,

Welcome back to Term 2 at Merriwa Education Support Centre. We hope you have enjoyed your break with your family. We look forward to another productive term.

### ANZAC Day Ceremony

On Tuesday 23rd April at 9.00am we will be holding our Campus ANZAC service. We look forward to seeing you in the assembly area, as we acknowledge our service men and women and thank them for their service for our country.

### Cooler Weather

We have begun to experience cooler nights and mornings, a welcome change after such a long hot summer. During this season we generally collect a lot of lost property as students tend to remove jackets and jumpers during the day. Please ensure you have clearly labelled your child's clothing so that it can be returned if necessary.

As always, we appreciate that sick children are being kept at home to rest, whether they have Covid or cold/flu symptoms. This assists us all in maintaining healthy classrooms for all students and staff.

Thank you to all the parents and carers who attended teacher meetings on Wednesday to discuss student progress. We are looking forward to working with you to ensure the students achieve their individual goals this Semester. Please do not hesitate to contact teachers via Dojo with any concerns or updates.

### Industrial Action

I can confirm that school will be open on Tuesday with minimal disruption to student learning during the impending industrial action organised by the teachers' union.

### Early Childhood Sandpit

Over the break, our new sandpit was installed to tidy up the space near the kindy and pre-primary classrooms. We are thrilled with the end result and the students have enjoyed their new play space. We extend our thanks to the construction team for their attention to detail and support of our kids.

Kind Regards,  
Karen Macri, Principal



## What's On Breakfast

Breakfast Club  
everyday day from 8am  
in the undercover area



School Service at  
9am Tuesday  
23rd April

Public Holiday  
Thursday 25th April



School Online Canteen  
ordering system.  
Visit:  
[www.quickcliq.com.au](http://www.quickcliq.com.au)  
to sign up and register  
Available Mondays  
Tuesdays and Fridays

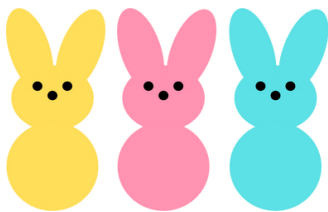
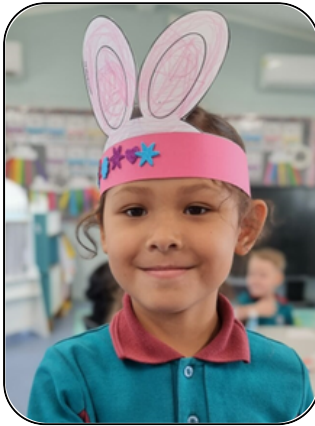




# ROOM 23 EASTER PICNIC



# ROOM 32





# COMMUNITY NEWS



Starkick is an All Abilities football team for children. Founded and launched by the Coolbinia Bombers JFC in 2015, the program promotes inclusion, equality and opportunity and runs as an integral part of the Clubs Auskick Centre.

Joondalup Kinross Junior Football Club first introduced a Starkick team in 2016.

Starkick caters to children who, by circumstance or choice, cannot join the club's existing Football programs. Children who may need extra support or time to achieve their goals are supported by a team of volunteers.

Starkick runs as part of the Auskick program on Saturday mornings at Windermere Oval, Joondalup.

Starkick aims to cater for all disabilities and runs by a simple mantra – "If you want to play, we will find a way."

## Starkick Sessions:

- Saturday morning during Auskick
- 10.30am to 12.00pm

Please visit the Starkick website for more information.

RAISING SOME 'DOUGH' TO SUPPORT THE



**MERRIWA  
PRIMARY SCHOOL**

**\$1** from each pizza\* sold will be donated directly to Merrilwa Primary School to go towards the purchase of new undercover fans.




**WHAT**  
\$1 from each pizza\* sold will be donated directly to Merrilwa Primary School.

**WHEN**  
Thursday 18th April 2024,  
10am - Close

**WHERE**  
Domino's Mindarie and Jindalee

\*EXCLUDES MINI PIZZAS.

SCAN TO DOWNLOAD THE DOMINO'S APP **131 888 DOMINOS.COM.AU**



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

**saverplus**  
saverplus.org.au

# Nurse Sally

## Dehydration

Children with physical and intellectual disabilities are at risk of poor hydration during the summer months. Signs to watch for are; dark smelly urine, less wet nappies, dry lips, constipation and poor skin turgor (the skin on the back of the hand is slow to return to its normal position when pulled up slightly).

### Risk Factors

- Rides in hot vehicles
- Being unable to ask for a drink.
- Unable to communicate thirst
- Being PEG fed

If you notice your child has any of the above signs or you have any concerns contact the Community Health Nurse Sally at [Sally.Steffanoni@health.wa.gov.au](mailto:Sally.Steffanoni@health.wa.gov.au) to discuss increasing the amount of water your child is given at school with their feeds / or at meal times.

## Eat a RAINBOW of vegetables everyday!

Different coloured vegetables provide different nutrients for growing bodies. Supplying kids with lots of different coloured vegies and fruits each day is the best kick-start we can give them for health, growth, and concentration in the classroom.

### RED

Cherry tomato, radish, red capsicum, red apple, cherries, strawberries

### ORANGE & YELLOW

Corn, yellow capsicum, apricots, mandarin, carrots, rockmelon

### WHITE & BROWN

Cauliflower, nashi pears, mushrooms, white nectarine, banana

### GREEN

Sugar snap peas, green apple, pear, cucumber, broccoli, grapes, frozen peas

### PURPLE

Purple grapes, purple carrots, blueberries, plums, blackberries

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