Dear Parents and Carers,

**P&F Sundowner a Fun-filled Success!**

What a wonderful way to welcome back all our families and especially all our new families at the P&F Sundowner and Bush Dance last Friday evening. The weather was perfect, a lovely summer evening with a gentle breeze. Mucky Duck were terrific and very patient as they walked everyone through the steps and turns of some classic bush dances. It was awesome to see so many parents up and dancing with their children and to see so many happy and smiling faces of children and adults all enjoying each other’s company in a very fun-filled evening.

My congratulations to the members of last year’s P&F for booking the band and putting the arrangements in place before the end of the year to make this evening possible so early in the term, before the start of Lent. My congratulations to this year’s P&F Committee for following through and ensuring that the night was a great time for everyone. My thanks to all the families who came along and supported the P&F’s first social event for the year. The feedback I received from parents on the night was very positive and supportive, and I did pass it on to the Committee at the P&F Meeting on Monday evening.

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**DATES TO REMEMBER**

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<th>Date</th>
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<td>13 February</td>
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<td>9.00am &amp; 7.00pm Eucharist Commitment Masses</td>
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Pictures of the fun and dancing hotting-up as the sun slowly set in the west.
Parent Information Night
Our annual Parent Information Night is coming up next Tuesday evening, 16 February, commencing at 6.00pm. This is a very important evening where parents and carers have the opportunity to meet and hear from their children’s teachers about the fantastic learning that will be taking place this year. It is also an opportunity to ask questions and arrange a time to meet with the teacher if you wish to discuss any issue in depth. In keeping with your commitment to support the school in the education of your children, it is vitally important that at least one parent or carer is available to attend this event. Please remember that the 3rd session is a repeat of the first, so that parents and carers can get to hear from more than one of their children’s teachers.

The evening, as in recent years, will be structured like this:
6.00 - 6.45pm  1st Session:  Classroom Teacher presentations
6.45 - 7.15 pm  2nd Session:  Principal’s address - school priorities - Library
7.15 - 8.00pm  3rd Session:  Classroom Teacher presentations - repeat of 1st session.

P&F Coffee Hour This Thursday
Just a reminder to all our parents and carers that the P&F Coffee Hour kicks off again this Thursday morning from 8.45am in the ultra-cool and chic Library. So after dropping off the children to their classes, why not take 10 mins to treat yourself and drop into the Library for a freshly brewed tea or coffee and enjoy the company, friendship and camaraderie of other wonderful parents and carers.

Year 4 iPads
I would like to publicly acknowledge the terrific support of all of our Year Four parents and carers in getting onboard with the implementation of our 1:1 iPad program in the Year Four classes. Every child now has their own iPad and apart from a few children still to get all the Apps they will need loaded on, they are up and running in the classrooms. As the year progresses we will post regular updates via our newsletter, website and Facebook page so that everyone can stay abreast and informed about the great learning and work that the children are doing and creating with their iPads. Below you can see a few photos of the children already busily engaged in using their iPads during an Art lesson and also a History lesson.
**Young Engineers Club Up and Running!**

Last Friday afternoon saw the very first session of the Young Engineers Club take place in the Computer Room after school. The “full house” sign went up with all 16 available places filled by eager young children from Years 2-4 who are very keen to learn more about various scientific, technological, engineering and mathematical concepts. The natural curiosity of the children combined with their passion to see how things work all combines together in various engineering activities incorporating the use of technical LEGO kits in a program called LEGO Challenge. This exciting new club will help these children to develop their understanding of various concepts and principles across the Science, Technology, Engineering and Mathematics (STEM) learning areas. This is a current area of focus for the Federal Government and curriculum designers.

This is another new extra-curricula activity that occurs here at Queenies and we are extremely pleased that there is sufficient interest amongst our children and parents to make such programs viable. We are also hopeful of running a similar group in Term 2 or 3 for children from Years 4 - 6 called Galileo, where again the children will learn various aspects of STEM via the use of LEGO to build and operate some of Galileo’s most famous machines and inventions! It’s enough to make the engineers out there drool at the mouth and definitely more fun than a child deserves on a Friday afternoon! Here is a few photos from last week’s first session.

**Archbishop’s Letter**

Accompanying this week’s newsletter is a letter to all families and staff involved in Catholic education from the Most Rev Timothy Costelloe, Archbishop of Perth. I would encourage all our parents and carers to make the time to read the Archbishop’s letter and consider how you might respond to it in your personal and family life and our school life.

**Parking Issues …. Again!**

I would like to remind all parents and carers that parking is not permitted in the gated carpark area or the angled bays at the front of the school. These are designated for staff parking only. Already this term we have had a couple of instances of parents ignoring the signs and parking in staff bays.

Did I mention that we are having closed circuit television cameras (CCTV) installed at the front of the school in the coming weeks? The Board’s decision to do so is primarily in the interests of security, especially after the episode in Term 4 last year when a parent picking up their child from OSH Club had their car window smashed in and handbag stolen. Of course a fringe benefit of having the CCTV surveillance system installed will be our greatly enhanced capacity to identify drivers of vehicles using the car park and drive-thru and not doing the right thing in terms of the safety of the children and other drivers. In the same way that knowing a speed camera is there causes everyone to slow down a bit, we are equally hopeful that the CCTV will make everyone a little more conscious of their driving, parking and student safety.

Peace and best wishes,
Shaun O’Neill
Principal.
Ash Wednesday

Today is Ash Wednesday – the beginning of Lent, one of the most important times in the Church’s calendar. Lent lasts for forty days and it is during this time we may give up something to remind us of what Jesus gave up for us. It is also a time to try to turn away from sin and live the way Jesus taught us. The children participated reverently and prayerfully during our Liturgical celebration and had their foreheads marked with ashes in the shape of a cross. This symbolises that the person belongs to Jesus Christ, who died on a cross. We thank Father Paul for helping us understand the importance of this day and sharing his wisdom with us about Lent. It was also wonderful to see so many parents join us for this celebration and join together as one parish and school community. Classes have also made Lenten Promises and begun to think about how they can change their lives and turn back to God and it has been interesting to read some of these promises! If the children do keep these promises, there should be some really happy parents out there!! Of course, as parents and models for our children, it is also a time for each of us to examine our lives and look for ways to become better people and more like Jesus. I encourage parents to have the conversation of sacrifice and how to live our lives more like Jesus with your children – perhaps a great conversation at the dinner table.

As a school, we have a focus each term to help us think about others and our duty to show compassion, understanding and grace. We then try to link this focus to an outreach program to assist others in our community. This term’s focus is Compassion. We encourage the students to show this to each other, to forgive and try to understand different points of view, circumstances and backgrounds. Often there is a lot more to someone’s story than is visible on the surface and we encourage the students to try to remember and accept this.

Project Compassion

One way we can also show compassion is through the support of programs such as Caritas Australia’s Project Compassion Appeal. Each year, Lent offers us the opportunity to share what we have with those who have less. In 2016, Project Compassion carries a simple, yet insightful message: “Food for Life” – which helps to raise our awareness of the global food issues and how we are able to assist in empowering the world’s poorest people to establish sustainable food sources for life.

Each family will be sent home a box that can be filled with loose change, spare pocket money or donations. We encourage families to fill this box over the Lenten period and donated to help not only people within Australia, but also those struggling in other countries. These boxes will later be collected and forwarded onto Caritas Australia so they can help people both in Australia and other countries of the world.

Sacramental Registration and Commitment Masses

Thank you to all those families who have registered their children to receive Sacraments this year. If you have not yet done this, please make an appointment to see Father Paul as soon as possible. He can be contacted on 6188 6877 or parents may see him after school in the Parish Office.

Please note that Sacraments are PARISH BASED. This means that the children will receive the Sacrament at the parish they belong to. We, as a school, support the children by preparing them through the Religious Education Units of Work taught and by assisting our Parish, Our Lady Queen of Apostles, with help they may require. If parents wish for their child to receive a Sacrament, it is your responsibility to liaise with your parish in order for this to occur. We will provide information for Queen of Apostles as a service to our families and as support to the parish.
This weekend 13th/14th of February are the Commitment Masses for those students who would like to receive the Sacrament of Confirmation. These Masses will be celebrated at either the Saturday 6:00pm Mass or on Sunday at 9:00am or 7:00pm.

The Sacrament of Reconciliation commitment Masses will be celebrated on the weekend of 20th/21st of February and the Sacrament of First Holy Communion commitment Masses will be celebrated on the weekend of the 27th/28th February.

Children receiving these Sacraments must attend one of these Commitment Masses.

Russell Wylie and Julie Galbraith
Assistant Principals

Parent Information Night
There will be a Parent Information Evening held on Tuesday 16th February. The first session will begin in classrooms at 6:00pm until 6:45pm, followed by a whole school information session in the Library. There will be a second repeat session starting at 7:15pm and will run until 8:00pm. This will allow parents of more than one child to attend your children’s meetings. It is essential that parents attend these meetings as they will outline routines, structures and important information for the year. We look forward to seeing all parents attending this evening.

Queensies Facebook Page
We’re on Facebook! To keep up to date with events happening at Queenies, see photos of the wonderful learning opportunities taking place or be reminded of important information, become ‘friends’ with us! Search ‘Queensies Riverton’ on Facebook: https://www.facebook.com/profile.php?id=100010173880237 or for our Queen of Apostles School page: https://www.facebook.com/Queen-of-Apostles-School-462308813956746/timeline/ which you can simply ‘like’.

Drive Through Banners
To assist with an easier pick up experience, we ask all parents using the Drive Through to have a banner with their surname to display on your windscreen on it so the teacher on duty can easily and quickly facilitate the collection process.

If you are new to the school or need a replacement banner, please complete the attached slip and return to the office by Friday 12th February.

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DRIVE THROUGH PICK UP REPLY SLIP

Family Name: ________________________________

Eldest Child in the Family: ____________________  Class: ______________

Please return to school office by 14th February 2014
Rappers Help Needed!!
We are still in need of parents who can assist with our RAPPERS program.
We would love to have as many volunteers as possible working with our children to help them read. A RAPPER is a constant adult who hears the same child/children read each week and encourages them with their reading. The program places volunteers in Years 1-5 at least once a week.
If you can assist, please fill in the form below and return it to the school office

--------------------------------------------------------------------------------------------------------
RAPPERS HELPERS
Please tick or highlight your availability
I would love to volunteer as a RAPPER in 2016.
I would be available on the following morning/s:
☐ Monday
☐ Tuesday
☐ Wednesday
☐ Thursday
☐ Friday
Please print name: ________________________ Signed: ________________________
Eldest Child’s name and class: __________________________________________
--------------------------------------------------------------------------------------------------------

Uniform Shop News
The Uniform Shop will be open 8.30am – 9.30am and 2.30pm – 3.30pm every Wednesday.
We still have the ‘mail order’ system available - the forms are on the school website if you cannot make it in to the shop.
Welcome to Term 1. The Term 1 rush is almost over, and, although it is very hot, please give some thought to your winter uniform needs. During Term 2 and 3 the children will wear their winter uniforms and there is a two week transition period at the beginning of Term 2. For the first time in a year we are fully stocked with jumpers and tracksuits. These items require very long ordering times, so if we sell out of any sizes, there may be a long wait before we get new stock. With this in mind it is a good idea to get in early!

Uniform Shop Tips
The tracksuit pant style we sell tends to be quite large and long sizing. Rather than taking the hem up and having to adjust it as your child grows, an easy way to make them adjustable in length is to run a piece of elastic though the hem. Make the elastic not too tight, this allows you to tuck the hem up and under and the trousers still look like a straight leg pant. As your child grows you just tuck them up a bit less and when they fit properly you can take the elastic out.
If you think that your child may need extra large or special sizes you will need to think about your uniform purchases much earlier than usual. If we need to do special orders for larger sizes or ‘special makes’, these tend to take longer and need to be ordered well in advance.

I am happy to report that there are no “Out of Stock” items at present.
Fiona Agostino, Uniform Shop
Hello from the School Social Worker

The global Safer Internet Day is on 9th February. The theme is “play your part for a better internet”. The day highlights the positive uses of technology but also explores the role we all play in creating a better and safer online community.

Here are some general tips to consider:

1. Be kind online.
2. Look out for others – report it, block the person and for children tell a parent or trusted adult.
3. Respect each other’s differences.

Parents can also consider some conversation starters such as:

- What do they like the most about the internet and why.
- What does a better internet mean to them.
- What would they like others to do to improve the internet and make it a better place.
- What could your child do to make the internet a better place.
- Encourage children to do good digital deeds to help others.
- Ask children if they know where to go for help.
- Are there any internet activities that you can enjoy as a family.
- Ask children what they do to stay safe online. (taken from www.saferinternetday.org.uk)

Regards, Tracy Small
Message from
Most Rev Timothy Costelloe SDB
Archbishop of Perth
To all Primary and Secondary
Catholic Schools in the Archdiocese of Perth

January 2016

Dear Friends and Colleagues,

As I did last year I want to take this opportunity to wish you all a very happy and fulfilling 2016 as the new school year gets underway. In a special way I want to acknowledge all those who are joining our Catholic system for the first time. I hope you find your time with us to be richly rewarding.

In our Catholic world this year we are living a jubilee Year of Mercy, called for by Pope Francis. For that reason I want to invite all of you to put at the heart of your efforts this year this quality of mercy. No doubt “mercy” means different things to different people. In my own reflections I have come to think of it as being all about “large-heartedness”. Mercy calls us to go beyond the letter of the law, or the strict limits of our contracts, or overly-careful calculations about what we or others deserve. “Large-heartedness” calls us to look at life through a different lens, with different eyes. We don’t look so much at what we, or others, deserve or have earned or have a right to. We look at what will be most enriching, life-affirming and uplifting. We try to look at a person’s deepest needs and hopes, rather than at their “just deserts”.

In our schools this will obviously play out in our relationships with the young people we serve who are, of course, our central concern. But it will also play out, very importantly, in our relationships with each other, and with the parents of our young people, even those who can at times be very demanding or even, in our view, unreasonable.

Pope Francis has reminded us that Jesus himself is “the face of the Father’s mercy”. A Catholic school community, grounded as it must be on the person and teachings of Jesus, has as a primary responsibility the task of reflecting this face of Jesus, this face of mercy, to all those who come in contact with the school. But as well as being a serious obligation for all of us who are part of a school community, this is also a recipe for a truly harmonious, happy and life-filled school.

May your school be a reflection of the face of divine mercy in 2016.

Yours sincerely in Christ

+ Timothy Costelloe SDB
Most Rev Timothy Costelloe SDB DD
Archbishop of Perth
School Banking in 2016 is one big outback savings adventure.

School Banking for 2016
School Banking for 2016 will kick off this Friday, 12 February and there is now an exciting new range of rewards on offer as pictured below.

If you are new to the school or are considering getting involved in the School Banking program, please note that the program includes an exciting rewards incentive designed to encourage children to get into the important habit of making regular savings.

Every time your child makes a deposit at school they receive a silver coloured Dollarmites token. The first token will be received upon the first deposit at school. Once your child has individually saved 10 tokens they can redeem them for an exclusive Dollarmites reward item. Students will have lots of fun saving their tokens for these cool rewards items.

School Banking is also a great fundraiser for our school. Our school receives $5 when children make their first deposit at school and a commission on every deposit made through the School Banking program. In 2015 alone Queen of Apostles received a commission of $688.59 from the Commonwealth Bank School Banking program.

Taking part in School Banking is easy
It’s easy to get involved in the School Banking program by either opening a Commonwealth Bank Youthsaver account at any Commonwealth Bank branch, over the phone on 13 2221, or via NetBank if you are an existing customer with NetBank access. Remember to take in identification for you and your child (driver’s licence and birth certificate). You will receive a Dollarmites wallet and deposit book that your child will use to participate in the program.

If your child has an existing Commonwealth Bank Youthsaver account, they can start banking straight away. They just need to bring their deposit in every week using their Dollarmites deposit wallet. If you require any further information or have any questions, please contact the School Banking Coordinator, Nikki Harrison at: harrisonfamily11@iinet.net.au

COMPETITION
This year School Banking is giving students across Australia the chance to win a family trip for up to two adults and three children to explore Australia Zoo and meet Bindi and Robert Irwin.

The prize includes return flights, 4 nights’ accommodation on the Sunshine Coast, $1000 spending money and a day at Australia Zoo with the Irwins.

Students who make 15 or more School Banking deposits by the end of Term 3, 2016 will be automatically entered into the draw. This is another great way to motivate students to save regularly and reach their savings goals.

The School banking drop box is still located in the front office, and school banking will be processed every Friday morning so please ensure that you or your child/ren have their deposit book in the box before 9am on Friday mornings.

Once the deposits have been processed your child/ren’s deposit book will be returned to their classrooms on the same day, however can I please ask mums/dads to put your child’s new classroom number on the front of the deposit books so they can be returned to the right room.

Parent Information Night
Please note that a representative from the Commonwealth Bank will be providing a brief presentation at the school during the Parent Information Night on Tuesday, 16 February 2016 to explain the Commonwealth’s School Banking Program in a little more detail.
A note from the Community Health Nurse...

Anaphylaxis – what is it?
Anaphylaxis is the most severe form of allergic reaction and can be life threatening. For people at risk, anaphylaxis occurs quickly after contact to the food, insect or medicine to which the person is allergic.

It is very important that people at risk of anaphylaxis avoid any contact with the trigger (allergen). This is especially important with a food allergy – a severe reaction can occur if the allergic person comes into contact with even a tiny amount of the food.

Anaphylaxis must always be treated as a medical emergency. Adrenaline autoinjector (EpiPen® or Anapen®) contain a single, fixed dose of adrenaline which must be given to the person as soon as possible. Immediate treatment is required and adrenaline works quickly to stop anaphylaxis.

Emergency first aid for anaphylaxis
- Lay the person flat, do not stand or walk. If breathing is difficult, allow to sit.
- Give the adrenaline autoinjector without delay. (Make a note of the time it was given.)
- Ring an ambulance - 000 (mobile phones 112).
- Stay with and reassure the person. Do not allow the person to walk at any time.
- Give another adrenaline autoinjector if no improvement after 5 minutes
- If the person loses consciousness and there are no signs of breathing, begin CPR.
- Monitoring in a hospital is required for 4-6 hours, even if symptoms improve.

Anaphylaxis - checklist for parents of students at risk
- Tell the school administration if your child has been prescribed an adrenaline autoinjector (i.e. EpiPen), has experienced anaphylaxis, has any changes in allergies, and/or any other health care needs that may affect anaphylaxis management.
- Make sure your child carries an adrenaline autoinjector in their bag and replace the device before it expires.
- Make sure you give the school an adrenaline autoinjector, which is clearly labelled for your child.
- Make sure your child knows how to use the adrenaline autoinjector. Show his or her friends, brothers and sisters if they are old enough to understand.
- Provide an ASCIA Action Plan for Anaphylaxis completed and signed by your child’s doctor. Update the plan (including a photo of your child) when the adrenaline autoinjectors are renewed (usually every 12-18 months). Action Plans are available from www.allergy.org.au
- Help the school to develop an Individual Health Care and Risk Minimisation Plan for your child. Examples are as follows:
  Have regular discussions with students about the importance of washing hands, eating their own food and not sharing food.
  Washing hands after eating helps to reduce the risk of exposure to allergens. Children, particularly young children, can be messy eaters. Washing hands after eating ensures children’s hands are clean before touching play equipment or other children. Touch reactions rarely lead to anaphylaxis – most severe reactions are as a result of eating the food.
- Educate your child about how to avoid known allergens (triggers). Remind your child to immediately tell someone if she/he feels sick.

Anaphylaxis - recognising a severe allergic reaction
Anaphylaxis is a severe allergic reaction which can be life-threatening. It causes closure of the airway and/or a drop in blood pressure. Look for one or more of the following
- Difficult or noisy breathing
- Swelling of the tongue
- Swelling or tightness of the throat
- Wheezing or a persistent cough
- Difficult talking and/or a hoarse voice
- Persistent dizziness or collapse
- Pale and floppy (especially in young children)
- Abdominal pain or vomiting (if following an insect bite or sting)

**It is important to lie the person flat and get help fast.**

Some allergic reactions are mild or moderate. These reactions may involve hives, welts, tingling mouth, and/or swelling of the lips, face and eyes. Mild reactions to food can involve abdominal pain and vomiting. Anaphylaxis (severe reaction) may or may not involve these signs and symptoms.

Food intolerances are not life-threatening and should not be confused with allergies.

For further information contact:
- Australasian Society of Clinical Immunology and Allergy [www.allergy.org.au](http://www.allergy.org.au)
- Allergy & Anaphylaxis Australia [www.allergyfacts.org.au](http://www.allergyfacts.org.au)

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**Parish Family Mass**

9am on Sunday 14th February with music and liturgy geared at families with primary school aged children. Children (from Yrs 3 – 6) are invited to come and help with Readings and Prayers of the Faithful.

Parents with children interested in participating and who are able to attend should complete the reply slip below or call (Coordinator) Katherine Forbes – 0419 861 587 email [safnkath@tpg.com.au](mailto:safnkath@tpg.com.au).

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**QUEEN OF APOSTLES FAMILY MASS PERMISSION SLIP**

Please complete the reply slip below giving permission for your son / daughter to read at the 9am Family Mass Sunday 14th February.

Katherine Forbes – 0419 861 587 email [safnkath@tpg.com.au](mailto:safnkath@tpg.com.au).

Family Mass Co-ordinator

I give permission for my child_______________________________of class___________to read at the 9am Mass on Sunday 14th February.

Parent’s signature ___________________ Date ___________________

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After-School Soccer Coaching Clinics (Term 1)
All Pre-Primary to Year 3 children were given a registration form for an After-School Soccer Coaching Clinic starting Thursday the 18th of February (3.15pm – 4.15pm). We will conduct it on the school grounds.

The activity is coordinated and run by Physical Education and/or Soccer Specialists, all with their Working With Children Checks. The Clinic focuses on Maximum Participation during Organised and Fun 8 x 1 Hour sessions. The cost for the clinic is $80.00 per child.

If you are interested in letting your child learn and play this World Game in fun sessions and you have not yet registered, then please register online at www.play4life.com.au or complete the registration form and return it to reception by Wednesday the 17th of February. (Spare registration forms are available at reception). If you have any queries, please call Jacob Aquino on 6162 0932.

JOIN IN THE FUN AT Riverton Girls’ Brigade
Make new friends; go on camps; enjoy crafts; drama; play sports and awesome games.

When: Wednesdays
Where: Riverton Baptist Community Church, 38 Modillion Avenue, Shelley, 6148
Time: Cadets, Juniors: 4:30 – 6:15pm
Seniors, Pioneers: 6:30 – 8.15pm

Email: administration@girlsbrigadewa.org.au
Tel: - 9478 1822
www.girlsbrigadewa.org.au

Low Cost Activity. Get into Girls’ Brigade

Canning City Soccer 2016 Registrations are Now Open
Go to the MyFootballClub website to register online: www.myfootballclub.com.au

Juniors play in age groups from 6 & under to 19 years of age.
Our aim for players:
• To have fun and learn new skills
• To experience team spirit
• To play fair and respect the opponent
• To receive encouragement and feedback in their progression in the sport.

www.canningcitysoccer.org.au
In 2017 the following scholarships may be offered at Iona Presentation College:

**Sr Alacoque Gittins Academic Scholarship** - a minimum of two (2) academic scholarships will be awarded to incoming Year 7 students.

**Sr John Jones Academic Scholarship** - a minimum of one (1) academic scholarship will be awarded to a student entering Year 10.

**Sr Joan Evans General Excellence Scholarship** - a minimum of one (1) scholarship will be awarded to an incoming Year 7 student.

**Ionian Past Pupils Association (IPPA) Scholarship** - a minimum of one (1) academic scholarship will be awarded to an incoming Year 7 student, who is the daughter / stepdaughter / granddaughter of a Past Pupil.

There are also a number of Music Scholarships on offer at Iona Presentation College. Scholarships are awarded for both Musical Excellence and Musical Aptitude. When a scholarship is awarded for Musical Aptitude, the instrument to be learnt will be designated by the Head of Music. Beginner students are also encouraged to apply for a Music Scholarship.

Please visit [http://www.iona.wa.edu.au/enrolments/scholarships/](http://www.iona.wa.edu.au/enrolments/scholarships/) to find out more and to apply online.

Please note closing date for all scholarships is **27 February 2016**.
IS YOUR CHILD 7 - 13 YEARS?
ARE YOU WORRIED ABOUT THEIR WEIGHT?
  • FUN, FREE 10 week program to help families to lead healthier and happier lives
  • Build confidence and boost self esteem
  • Get fit playing fun games and activities
  • Meet new friends and learn new healthy eating and goal setting skills
  • Set goals to reach and maintain a healthy weight

TERM 1 2016 PROGRAMS

**Armadale**
Armadale Arena
Tuesdays & Thursday
5.00pm - 7.00pm

**Beechboro**
Altona Park Leisure Centre
Tuesdays & Thursdays
4.00pm - 6.00pm

**Cannington**
Cannington Leisureplex
Wednesdays & Fridays
4.00pm - 6.00pm

**East Victoria Park**
Leisurelife Centre
Tuesdays & Thursdays
5.00pm - 7.00pm

**Joondalup**
HBF Arena Joondalup
Tuesdays & Thursdays
4.00 pm - 6.00pm

**Mirrabooka**
Herb Graham Rec Centre
Tuesdays & Thursdays
4.00pm - 6.00pm

**Rivervale**
Jump About Trampoline Park
Mondays & Wednesdays
4.00pm - 6.00pm

**Rockingham**
Mike Barnett Sports Complex
Mondays & Wednesdays
5.00pm - 7.00pm

**South Lake**
South Lake Leisure Centre
Tuesdays & Thursdays
4.00pm - 6.00pm

TERM 1 DATES: 01/02/2016 - 08/04/2016
Evidence based obesity treatment program for children and families

The Better Health Program is a multi component healthy lifestyle program for overweight and obese children aged 7-13 years and their families. It is funded by the WA Department of Health and is FREE for families to attend.

The Better Health Program meets all current Australian guidelines, including the NHMRC recommendations for the Management of Overweight and Obesity in Children.

Interactive sessions, combined with custom designed resources, support children and families to adopt healthy lifestyle behaviours around food and physical activity, to make informed food choices and learn essential health skills. Our approach encourages children and their families to become fitter, healthier and happier as they have fun, meet new friends and learn new skills to establish and maintain healthier lifestyles. The program runs for 10 weeks, with two 2-hour sessions each week.

EVIDENCE BASE AND OUTCOMES

The Better Health Program was designed by specialist dietitians and psychologists and has been researched extensively. A successful RCT was completed and published, (Obesity, Vol 18, Supp 2, Feb 2010) showing statistically significant improvements at 6 months including:

- BMI decreased by 1.2 kg/m²
- Waist circumference decreased by 4.1 cm
- Physical activity increased by 3.9 h/week
- Sedentary activity decreased by 5.1 h/week
- Self esteem increased
- Recovery heart rate decreased by 20.3 bpm
PROGRAM DELIVERY

Training program:
The Better Health Program is delivered by local health professionals who have successfully completed a comprehensive three day Better Health Program training course. The training course is conducted by our experienced health professionals, who have significant experience working in child weight management.

Program Delivery Pack:
A standardised resource pack is provided as part of each program and provides all teaching aids, equipment and resources for leaders to effectively deliver the Better Health Program. This helps to ensure the delivery of the program is standardised and of a high standard.

Participant’s resources:
Each participant of the program receives a full set of resources to assist their learning and behaviour change during and after the program. Resources include a full set of program handouts and a set of practical resources, such as a label reader and serve size tool.

Data Management and Reporting:
A unique custom built web based data management system supports program delivery and provides post program evaluation reports for individual participants and referring professionals.

PROGRAM OUTLINE

<table>
<thead>
<tr>
<th>Week 1</th>
<th>Parents and children attend together</th>
<th>Welcome and measurements</th>
<th>Parents attend while children are in physical activity</th>
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<tbody>
<tr>
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<td>Talking about weight</td>
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<tr>
<td>Week 2</td>
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<td>Fitter, healthier, happier Goals and rewards</td>
<td>Nutrition FAQ</td>
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<td>Week 3</td>
<td>Refined vs unrefined Goals and rewards</td>
<td>Be a moving and grooving family</td>
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<td>Week 4</td>
<td>Fats and sugars</td>
<td>Sleep and routines External triggers</td>
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<td>Week 5</td>
<td>Label reading</td>
<td>Modelling</td>
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<td>Week 6</td>
<td>Ready, steady, eat</td>
<td>Internal triggers</td>
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<td>Week 7</td>
<td>Supermarket tour</td>
<td>Problem solving</td>
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<td>Week 8</td>
<td>Fabulous food fest Good things about me</td>
<td>Bullying</td>
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<tr>
<td>Week 9</td>
<td>Survival guides Healthionaire!</td>
<td>Fussy eating</td>
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<tr>
<td>Week 10</td>
<td>Measurements Graduation and group reward!</td>
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