Dear Parents and Carers,

So Now That The Dust Has Settled…..

It’s hard to believe that we are already halfway through Week 4 and that at the end of next week we will have completed half of first term! The days seem to literally be flying by which is, I believe, a measure of just how busy and industrious staff, students and parents have been. So, now that the initial excitement and euphoria of starting a new school year has dissipated, and our school and classes have settled into their normal work routines, it is perhaps time to reflect on how we can all work together to ensure that all our children enjoy and make the most of the learning opportunities that will present themselves this year.

It is not uncommon for some parents to ask class teachers or myself how they can best support their child to get the most out of their school year. Of course there is no one single answer as to what will be the best way to support every child. Every child is uniquely different and therefore every parent will customise what they do to meet the specific needs of their child. There are, however, some basic, fundamental items that as parents you can do, implement or be aware of to help support and encourage your children to achieve their very best this year. This list is by no means exhaustive, but it may give some of you a good starting point. As parents, never underestimate your own intuition and common sense in all of these matters.

1. Sleep - growing children need sleep. Tired children will not learn. It really is as simple as that. You can give your child the best start to every school day by ensuring that they have had a good night’s sleep. This begins with having regular bedtimes and routines for getting ready for bed. Telling them to get ready for bed at 7.30pm and finding that they’re still brushing their teeth at 9.00pm kind of defeats the purpose. If your children are not getting 8 - 10 hours sleep each night, then the chances are they will not have enough energy to get through a busy school day and they will tire too easily, which will impact on their learning.

2. Children need fuel - they cannot run or learn on empty. There is a mountain of research, studies and data that prove this beyond any doubt. Children need a good, healthy nutritious breakfast in the morning to ensure they have the energy needed to get their day off to a great start at school. Thinking and learning require lots of brain activity and our brains don’t work well when they don’t have food. A healthy breakfast ensures that your child has the energy they need to power all that electrical activity that the brain generates during learning, thinking and problem solving. Please click on this link to see what one of the experts has to say: http://www.aboutkidshealth.ca/en/news/columns/fitnessandnutrition/pages/the-importance-of-a-healthy-breakfast.aspx

3. Running on time - as an adult you know what it’s like to be running late for work - you’re under the pump, stress levels are elevated, anxiety increases, decision-making processes are impaired and you simply don’t perform at your best. It’s the same for children. Arriving late to school puts them under the pump - they experience increased levels of stress and anxiety about what they might have missed out on, what has already been discussed or explained in class etc. They waste time playing

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**DATES TO REMEMBER**

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<th>Date</th>
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<tr>
<td>Sat 27 February</td>
<td>6.00pm Eucharist Commitment Mass</td>
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<td>Sun 28 February</td>
<td>9.00am &amp; 7.00pm Eucharist Commitment Masses</td>
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<td>WIZE Therapy Kindy Screenings</td>
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<td>Mon 7 March</td>
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<td>Tues 8 March</td>
<td>Pupil Free Day – SCHOOL CLOSED</td>
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<td>Wed 9 March</td>
<td>9.00am Whole School Mass (4.1)</td>
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<td>Thurs 10 March</td>
<td>School Tour 9.30am</td>
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<td>Fri 11 March</td>
<td>Swimming Carnival – Yr 3 AM only Year4-6 all day</td>
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‘catchup’ in class, as other children forge ahead. They feel self-conscious about entering the classroom late and it robs them of making a positive start to their school day.

4. A quiet space to work - does your child have a quiet space to work where you can still observe or keep an eye on them? If they are sitting at the coffee table in the lounge room in front of the TV to do their homework or research assignments, then I know that the next morning they’ll know a lot more about what happened in My Kitchen Rules than they will about the issues that early settlers in WA faced! Try to create a space where they can sit at a table or desk so they can read, write and do their work comfortably without too many disruptions from the TV or mum getting dinner ready or other siblings playing on the X Box etc.

5. Order, order! - just as it is important to have a good, set routine to take the hassle out of bedtime, it is also very important to establish good routines or order to what happens when they get home from school. Again, this will vary enormously from family to family, however, the basic principle that will help you as a parent in establishing good routines that will last through to the end of their high school years is simply, “Work first, then reward”. If the rule is to get your homework and assignments finished first, then you can relax and watch TV or play on the Playstation, they are motivated to get the work done so that they can get to the good bit. If they get to play and relax and muck around first, then there is no incentive for them to stop enjoying themselves and start doing some work. Be honest - as adults you know that if you treated yourself to a reward before you started the diet - you’d never start the diet!

6. You can have too much of a good thing! - An increasingly common occurrence these days is for children to be involved in too many organised, structured activities after school and on the weekends. We really need to be mindful that they are children - they do get tired, they are growing, they do need time to play and they do need rest and “down time”. I see far too many families where children have something on every day after school and often on both days of the weekend. This is too much! I’m certainly not advocating that they do nothing after school, it is more a matter of finding some sort of balance. As with most things in life, moderation is the key. It is wonderful for children to be involved in some sort of sporting activity, as well as an artistic or cultural pursuit. The problem arises when you hear about children doing basketball training, swim club training twice, ballet and piano lessons all in the one week, followed by the basketball game and swim meet on the weekend! One sporting and one artistic or cultural pursuit per week is more than enough. Children need time to rest and “chill-out” so their bodies and brains can recover, recharge and grow. Please don’t overload them with too many great activities. Seek to find a balance in their after-school and weekend commitments that still allows them to be children!

So there you have it, my top 6 tips for helping your children to get the best out of themselves at school this year. I hope that some of them may be of assistance to you, or perhaps reaffirm the great job you are already doing.

OSH Club Update
As you would all be aware from studying the term planner, we have a Pupil Free Day coming up on Tuesday 8 March. This means that with the Labour Day Holiday on the Monday, the children have a four day long weekend - perfect for those families who can flexi their hours or shifts and get away for a four day break. For those who can’t arrange the day off, our OSH Club will be running for the whole day on Tuesday 8 March, from 7.00am to 6.00pm. As always this will depend on numbers, so if you do require daycare that day, please get on line now and secure your place. You cannot just turn up on the morning to book your children in as this has implications for staffing ratios and food etc. Please act now and book your place so we can ensure that the OSH Club service operates that day to support our families.

Parish Pizza Night - Loads of Family Fun!
Heads up and save the date. The Parish Social Committee is holding a Pizza and Fun Family Bingo Night on Friday 11 March, commencing at 7.00pm. Tickets are only $8 for adults and $5 for children and you can purchase your tickets outside the Library every Tuesday and Thursday morning before school from 8.15 - 8.40am. This will be a great, fun-filled family night of entertainment, so don’t miss out on securing your tickets!

Peace and best wishes,
Shaun O’Neill
Principal.
Project Compassion
This term our focus at Queen of Apostles is Compassion. One way we can 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. This year’s theme is ‘Learning More Creating Change’. As Pope Francis says “Education is an act of hope”, so this year Project Compassion celebrates the power of learning, and the many ways in which Caritas Australia is working with local partners around the world to provide vital learning and renewed hope to children, women and men most vulnerable to extreme poverty and injustice. With your support, Caritas Australia is working hard to support communities living in poverty to help people to help themselves.
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
This weekend 27th/28th February are the Commitment Masses for those students who would like to receive the Sacrament of First Holy Communion. These Masses will be celebrated at either the Saturday 6:00pm Mass or on Sunday at 9:00am or 7:00pm.
Children receiving these Sacraments must attend one of these Commitment Masses.

Project Compassion - Week Two Hum Noy’s story – Laos
Knowledge helps our children grow
Duangmala wishes for a bright future for her eight-year-old son Hum Noy, who is living with a disability. But faced with discrimination and limited learning opportunities, Duangmala feared he might never reach his full potential. Thankfully, a program supported by Caritas Australia has opened up a world of change for this small family.

Duangmala wished for a bright future for her eight-year-old son, Hum Noy, who has Down Syndrome. However, she feared he would remain isolated and never reach his full potential due to a lack of support services for children living with intellectual disabilities in Laos.

Thankfully, everything changed when Duangmala and Hum Noy were introduced to the Intellectual Disabilities Unit, which was set up by the Lao Disabled People’s Association with the support of Caritas Australia. This specialised school provides learning support and nurturing care to 50 children with intellectual disabilities in the Laos capital, Vientiane.

Since starting school, Hum Noy’s behaviour and abilities have changed remarkably. He is no longer isolated, lonely or frustrated, and his communication skills have advanced quickly. “Hum Noy is learning how to follow instructions and say the names of his teachers and friends,” says Duangmala proudly. “He likes to draw, play instruments, and when they do aerobics he joins in!”

The program has also opened new opportunities for Duangmala, who received training to become a teacher at Hum Noy’s school. Now, she is hopeful that her son and his classmates can lead more prosperous, fulfilling lives. “It’s important to use our knowledge to help our children grow and develop,” she says. “We are lucky to have this program.”
To find out more about Hum Noy and watch a short video about him check out the link: http://www.caritas.org.au/projectcompassion/weekly-stories/week-2-hum-ney
**Easter Raffle**
The Social Justice Committee will be organising an Easter Raffle to help raise money for Caritas Australia’s Project Compassion. Each family is asked to donate one Easter Egg. Eggs can be taken to your classroom teacher, or left at the office. The Social Justice Committee will be selling raffle tickets at 50c each or 3 for $1.00 outside the Library before school each morning.

Russell Wylie and Julie Galbraith  
Assistant Principals

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**SEQTA Kiosk**
Queenies has reached the 21st Century with a tag in and tag out system when children arrive late to school or leave before the end of the day. **Children are not permitted to leave the school grounds during school hours without being tagged out at the school office. Similarly, children returning to school after an appointment or arriving after the start of the day must be tagged in.**

To ensure children's safety and for legal reasons, parents are asked to comply with the following:
- If a child arrives late to school they must be accompanied by their parent and "Tag in" at the office, using the iPad at reception.
- When a child is collected from school before the end of the day, parents must tag them out choosing one of the following options:
  - Medical/Dental Appointment
  - Alternate Program – eg. OT
  - Educational Activity (off campus) – eg. Speech
  - Sickbay Departure – eg. Sickness or injury
  - Early Departure eg. Family commitment
- If returning the child to school after having left for an appointment, they must be tagged in using “Tag in (after 9.30)

We appreciate your cooperation in this matter.

**Mathletics**
All children at Queenies are registered to use Mathletics both at school and at home. Within Mathletics there is the ability for parents to get a weekly report about your child’s progress. To do this you will need your child’s username and password. Go to the link below to register yourself to get this report. This site also has additional help for parents within Mathletics.
http://www.3plearning.com/au/mathleticsparents/

**Swimming Carnival**
Well done to our swimmers at swim trials last week, and thank you to the many parents and teachers who helped out. Divisions for the yr 4-6 races are up in the support room corridor for students and parents to view.

Please find a program at the bottom of this newsletter, or go to www.qoape.com to download notes and other info.

**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.
Fiona Agostino, Uniform Shop
Hello from the School Social Worker

Neuroscience teaches that if we want to change a behaviour, we must practise the response. It is important to teach children to recognise their early warning signs or the uncomfortable symptoms attached to uncomfortable feelings. Children need to be given the opportunity to practise techniques that will help them reduce feelings of panic. Children will then have a greater ability to reduce anxiety and access a more peaceful place. Here are just a few ideas or strategies to reduce stress and anxiety.

- Discuss what happens to the body when we become distressed.
- Children could list things that make them feel that way.
- Teach children relaxation techniques such as simple deep breathing or belly breathing.
- Use muscle tensing and relaxing. Start with the feet and work your way up through the major muscles.
- Promote positive self talk or think up a mantra, such as ‘I am relaxed.’
- Prepare a peaceful place.
- Make relaxation fun whether it be yoga or trampolining.
- Promote happy thoughts. Make a happy scrap book.
- Regularly practise relaxation before transition times.
- Tell children to give themselves a big hug by crossing their arms over their chest and squeezing firmly.
- Keep a relaxation diary.
- Make a stress level thermometer for a child to rate their stress/fear on a scale of 1 to 5.

(Taken from The Panicosaurus by K.I. Al-Ghani).

Regards,
Tracy Small

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**Program Update**

**Dear Parents,**

**Curriculum (Pupil free day) Tuesday 8th March**

The Pupil Free day is fast approaching! We are hoping to offer another fun filled day of care here at OSH! The decision around whether or not we will operate here at Queen of Apostles OSHclub on this day is dependent on numbers, requiring a minimum of 15 children for it to go ahead. This decision is normally based and decided on numbers at least 1 week ahead of this, being Tuesday 1st March. Please book online as soon as possible before this date if you may require care this day. Bookings can be made at: [www.oshclub.com.au](http://www.oshclub.com.au)

If the day is not able to go ahead, bookings will not be charged.

Last year we ran a very successful full week of full day care during the curriculum week and would absolutely love to be able to do the same on Tuesday 8th March. The hours of care would be 7am—6pm. The children are required to bring enclosed shoes, a hat, lunch and morning tea and any up to date medical plans, labelled medication still in date and associated Oshclub documentation.

Please note that these are attendance requirements and must be provided before attendance 😊

Thank you in advance for your cooperation😊

I am looking forward to meeting more friendly faces in the coming weeks and working towards continuously improving our program.

Have a fantastic week.

Laughter and smiles from Lyneesa- Coordinator OSHClub Queen of Apostles program.
Queen of Apostles Parish

Queen of Apostles Social Committee

PIZZA NIGHT

on

Friday 11 March, 2016

in the

7pm Parish Hall

and followed by

FUN FAMILY BINGO

Adults $8
Children $5

Pizza, Tea, Coffee,
BYO drinks – Bingo no charge

Coupons (pre-paid only) available
before school 8.15—8.40am
every Tuesday & Thursday
outside the Library from 16th February
contact Jannet on 0438 590 449
LAST DAY TICKET SALES
TUESDAY 8th MARCH
Save the Date!

PFFWA Conference and AGM 2016
“Congratulations! We Hear You’re Engaged!”

The Parents and Friends Federation of WA are excited to be putting the last touches to our conference program for this year. As usual the conference opening dinner will be held on Friday evening 20th May at Crown Perth.

The conference will commence the following morning and go through until 5.00pm. Refreshments including morning tea, lunch and afternoon tea are provided on the day of the conference, along with great speakers, interactive sessions and the usual fantastic networking opportunities.

With both Federal and State elections on the horizon, PFFWA have invited politicians from the major parties to attend and you will have the opportunity to hear what their vision is for education in Western Australia in the foreseeable future.

Dates for your diary – 20th & 21st May 2016
At Crown Perth

For more information, please keep an eye on the PFFWA website and our Facebook page or contact admin@pff.wa.edu.au tel 9271 5909

https://www.facebook.com/pffwa www.pff.wa.edu.au 9271 5909 103 Wood St, Inglewood, WA 6932
SISTERS OF ST JOSEPH OF THE SACRED HEART

DATE SAVER

Listening to the Heartbeat of the World

SESQUICENTENARY EVENTS
IN WESTERN AUSTRALIA

2016 ... Celebrating 150 years

We invite you all to join us in thanking God for his mercy and love to us all.

Fri March 18
10.00am Mass at St Columba’s Church South Perth – St Columba’s Students, Sisters, Associates and Friends (morning tea in Convent Garden 16 York St). RSVP appreciated to laura.mccarthy@sosj.org.au, 9334 0999 before 9 March.

Sun March 20
7.00pm - 8.00pm Taizé Prayer Chapel, 16 York Street, South Perth.

Sat May 21
9.30am Mass at St Columba’s Church, South Perth to mark the 25th Anniversary of the death of Sr Irene McCormack. Followed by refreshments in the Convent Gardens, 16 York St, South Perth. RSVP appreciated to laura.mccarthy@sosj.org.au, 9334 0999 before 21 April.

Sun August 7
10.00am Mass of Thanksgiving at St Patrick’s Cathedral Bunbury. Followed by refreshments and entertainment. RSVP details TBA.

Sat August 13
10.00am - 3.00pm At La Salle College, Muriel St, Viveash, facilitator, Sr Michele Connolly rsj (Michele lectures at the Catholic Institute Sydney). Theme - The Mission of Jesus in the Gospel of Mark: Invitation into my mission as disciple of Jesus. Morning tea and lunch provided. RSVP details TBA.

Thurs Sept 15
ArtFest Display – celebrating the life of Fr Julian Tenison Woods will be exhibited at Mary MacKillop Centre, 16 York St, South Perth. Details to follow.

Enquiries: Laura McCarthy (08) 9334 0999, laura.mccarthy@sosj.org.au
Corpus Christi College will be hosting TWO Tour Days this term. Additional Tour Days will follow during 2016.

We invite prospective families and students to join us for a tour by registering your attendance at www.corpus.wa.edu.au/tour-2016

THURSDAY 10 MARCH 2016 • 9.00am-11.30am
TUESDAY 15 MARCH 2016 • 9.00am-11.30am

Your tour will begin with an informative presentation by the Principal, Mrs Caroline Payne at 9.15am sharp (9.00am arrival) in the College Hall, (map attached) followed by a guided tour of the campus by our Year 10 students and ending with a lovely morning tea where you can meet other parents of present and future students of the College.

If you have any questions regarding the TOUR DAYS, please direct them to communications@corpus.wa.edu.au.

For directions and location of parking areas, please see our College Map.
CANNING DISTRICTS HOCKEY CLUB

SEEKING PLAYERS FOR 2016 SEASON

Canning Districts Hockey Club ‘Canning Cougars’ has vacancies in all our junior grades teams for 2016 season. Junior training is on Wednesday nights at Ferndale Reserve from 5.30pm onwards and will commence on 2nd March. The junior season commences on Saturday 30th April.

Our Hook in2 Hockey Program for Pre-Primary to Year 4 commences on Tuesday 3rd May at Ferndale Reserve on our mini turf from 4.15-5.15pm.

There will be a Fun/Come and Try Day on our mini turf on Tuesday 26th April from 4.15-5.15pm.

Anyone interested in playing for the Cougars this season should contact Elaine Foote, club president on 0417 954 414 or email secretary.canning@hotmail.com
QUEEN OF APOSTLES SCHOOL

Faction Swimming Carnival
12 March 2016
Riverton Leisureplex
**ORDER OF EVENTS:**

Approx 9.20am

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Approx 10.15am

ALL 25M FREESTYLE RACES WILL BE RUN IN THE 50M POOL. There will be a rope tied across the pool at the 25m mark for students to hang on to at the start. There will be parents in the water in each lane to assist if required. There will also be a kickboard option for those who would like to use one. See attached Yr 3 programme.

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Approx 11.30am

Yr 3 Novelty events. (See attached programme)

Approx 12 noon

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YR 4   GIRLS  50M   BACKSTROKE RACES
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YR 5   GIRLS  50M   BACKSTROKE RACES
YR 6   BOYS   50M   BACKSTROKE RACES
YR 6   GIRLS  50M   BACKSTROKE RACES

Approx 12.45pm

YR 4   MIXED   4X50M  FREESTYLE RELAY
YR 5   MIXED   4X50M  FREESTYLE RELAY
YR 6   MIXED   4X50M  FREESTYLE RELAY

Year 4-6 Novelty Events

The following novelty events will take place after all the championship races. Each year group will play 4 different novelty games. A timetable follows. Parents are asked to spectate from the side of the pool.

The novelty events are simple relays performed under close supervision. For safety reasons diving or jumping in the water will not be permitted (except the Bombie Competition at the deeper end)

Each relay is a ‘one-at-a-time’ kind of relay, thus allowing the teachers and parent helpers to provide adequate supervision while a student is having their turn.

Each faction will have a parent helper in the water to assist the students if necessary.

The novelty events are a chance for all students to have fun. Parents are invited to participate also. Points earned in these races go towards the ‘Bonus Points Shield’.

**Novelty Event Timetable**

<table>
<thead>
<tr>
<th>Year 4</th>
<th>1.10</th>
<th>1.20</th>
<th>1.30</th>
<th>1.40</th>
<th>1.50</th>
<th>2.00</th>
</tr>
</thead>
<tbody>
<tr>
<td>Noodle Relay</td>
<td>Boogie Board Relay</td>
<td>Bombie Competition</td>
<td>Synchronized Diving, Handstand Comp</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Year 5</td>
<td>Synchronized Diving, Handstand Comp</td>
<td>Noodle Relay</td>
<td>Boogie Board Relay</td>
<td>Bombie Competition</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Year 6</td>
<td>Bombie Competition</td>
<td>Synchronized Diving, Handstand Comp</td>
<td>Noodle Relay</td>
<td>Boogie Board Relay</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**2016 Semester 1 Captains and Vice Captains**

Luemenn (Blue) - Nicholas Williamson and Eva Pereira
Canning (Green) - Harrison Wiedermann and Ellyarn Granland
Magdlen (Red) - Abbey Sullivan and Patrick Odingo
Flynn (Gold) - Matteo Montesi and Elijah Edmonds

**Previous Results**

<table>
<thead>
<tr>
<th>Year</th>
<th>Champions Shield</th>
<th>Bonus Points Shield</th>
</tr>
</thead>
<tbody>
<tr>
<td>2015</td>
<td>Canning</td>
<td>Magdlen</td>
</tr>
<tr>
<td>2014</td>
<td>Canning</td>
<td>Canning</td>
</tr>
<tr>
<td>2013</td>
<td>Canning</td>
<td>Luemmen and Magdlen</td>
</tr>
</tbody>
</table>
Year 3 Programme 2016

It is a pleasure to invite our year 3 students to this carnival. The year 3 programme serves as an introduction to swimming events and thus is all about participation. Points are not awarded for the year 3 events. All the below events take place in the shallow end of the 50m pool.

Please note that times are approximate:

<table>
<thead>
<tr>
<th>Approx</th>
<th>Year 3 Girls</th>
<th>25m Freestyle Races</th>
</tr>
</thead>
<tbody>
<tr>
<td>10.45am</td>
<td></td>
<td></td>
</tr>
<tr>
<td>10.50am</td>
<td>Year 3 Boys</td>
<td>25m Freestyle Races</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

*If your child is yet to master freestyle, any stroke is acceptable. We are happy for them to be included and have fun! There will be the option of using a kickboard for those who would prefer. There will also be a parent in each lane to follow the students for safety.

<table>
<thead>
<tr>
<th>Approx</th>
<th>Year 3 Mixed</th>
<th>Noodle Relay</th>
</tr>
</thead>
<tbody>
<tr>
<td>11.30am</td>
<td></td>
<td></td>
</tr>
<tr>
<td>11.40am</td>
<td>Year 3 Mixed</td>
<td>Boogie-Board Relay</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

These novelty events are ‘one-at-a-time’ relays so that supervision and safety are considered. There will be a parent ‘beacon’ in the water to help if a child needs assistance. If you would like to help in this regard, please come along with your swimwear on the day. Parents are encouraged to join in with both relays!

*Year 3 students will return back to school at 12 noon.