Dear Parents and Community Members,

School Council
Last Tuesday night, the newly elected School Council convened for the first time. The School Council looked at strategic planning for our school, endorsed the school budget and approved the introduction of a School Building Fund. You’ll be hearing more about this very soon. I would like to congratulate Elliot Nicholls on being selected as the Chair of the School Council. Agenda items from the school community are welcomed and can be given to the front office.

P&C
Once again I would like to thank the P&C for generously supporting our Programs of work. Specifically, the P&C donated $4,200 to top up our reading titles throughout the school and $800 to install a new interactive whiteboard in the French/Science room.

Year Planner
In response to several requests, I have included a year planner based on the term structure that we currently use. This will give parents the opportunity to look at our planning schedules from a yearly prospective and add new items as they arise.

APPLECROSS SENIOR HIGH SCHOOL
YEAR 6 QUESTION AND ANSWER SESSION
Applecross SHS and Mount Pleasant Primary School are hosting a cup of tea and Question and Answer session for all Year 6 parents who would like to find out about the planning in place for their Year 7 children attending Applecross SHS in 2015 as the inaugural class. All Year 6 parents are welcome.

Date: Wednesday 4th of June 2014
Time: 3:15 to 4:15pm
Venue: Mount Pleasant Primary School in Room 17

Please RSVP on the sign up sheet at your respective classroom.

Applecross Senior High School will be also having a Year 5 Parent Information Evening on Wednesday 11th of June at 6:45pm. Year 5 prospectus packs will be distributed on Friday May 30.

Edu-Dance
The final Edu-dance concerts will be held on the following dates at approximately 2:15pm in the covered assembly area.

Concert 1 on Thursday 3 April:
Rooms: 13, 18, 3, 2, 7, 11 and 9

Concert 2 on Monday 7 April:
Rooms: 14, 15, 16, 12, 4, 8 and 17.

Parents and community members are very welcome to attend.
COMMUNITY HEALTH NURSE

Sleep
School-aged children need 10-11 hours sleep a night. Getting a good night’s sleep will help your child to be more settled, happy and ready for school, assist your child to function well throughout the day and strengthen his/her immune system. Here are some sleep tips;

- Have bedtime routine—this will help your child wind down from the day.
- Keep the bedroom dark, cool and quiet—this will help your child drift off easily.
- If your child has a restless night or bad dreams, it may be because the days events and worries are still rattling around in his/her head. Help your child to settle and relax for sleep by promoting good sleep habits.
- Remember, medication is not the answer to children’s sleep problems.

Contact your local Community Health Nurse, Trish Hendrick on 9339 1362 or go to www.raisingchildren.net.au for more information.

Bedwetting
Lack of control of the bladder while asleep is a common problem in children. However, if your child is still wetting the bed more than twice weekly at 5 years of age, there is help available, if the child is motivated to stop wetting. After this age continuous bedwetting may cause emotional stress, concern and frustration, leading to a lack of confidence and low self-esteem.

A bedwetting clinic is available at Fremantle/Cockburn Community Health. Parent/Guardians are requested to take their child to a General Practitioner (or Paediatrician) for medical examination and referral to Fremantle/Cockburn Community Health, 18 Dalgety Street, East Fremantle 6158. Please contact the clinic for the correct referral document prior to visiting your doctor. The child will then be placed on a wait list and parent contacted by the Centre.

There is a charge of $20 per week for the hire of the equipment. Regular counselling is given to the parent and child. Reduction is available for Health Care Card Holders. The treatment lasts from 6 to 8 weeks.

SCHOOL CANTEEN ASSOCIATION

PARENTS AND STUDENTS: WHAT’S ON OFFER?
The WA School Canteen Association Inc offers parents and students the opportunity to learn more about the WA Department of Education’s Healthy Food and Drink policy in a relaxed environment that aims to engage and inform rather than preach. Both of these sessions are conducted by a qualified nutritionist and are free of charge.

PARENTS
Parent sessions cover topics such as ways to make lunchboxes healthy, the traffic light system of categorising food and drinks, tips on how to read food labels and many practical ideas that have been collect from parents over the past five years.

Cooking demonstrations and the use of visual resources make these sessions the perfect platform for engaging parents. Each participant is provided with a resource folder to take home including a cookbook. The fantastic workshops run for approximately 90 minutes and can be tailored to the specific needs of the school and parents.

If you would like further information please contact Amanda Ferguson on 9264 8972 or email amanda.ferguson2@education.wa.edu.au
CAREING
Caring is paying attention to the things that matter to you. You can care for yourself, for other people, for pets or for special things.

When you care for something you treat it with respect and consideration.

Road Wise
Cycling to school
Road safety experts recommend that children under the age of 10 should not be cycling to and from school unaccompanied. Here are some tips for you to ensure your children get to and from school safely every day:

- Cycle to school with your children
- Arrange for another adult to cycle to school with your child
- Encourage your child to ride with older children.
- Children under 12 years can legally ride on footpaths, which is a safer option. Cyclists must give way to pedestrians.
- Always make sure that your child is wearing an approved helmet that is fitted correctly.

The Fundraising/Social Committee has been busy scheduling events for the year. The first fund raising event will be the Election Day sausage sizzle on Saturday April 5. For anyone willing to bake, we would love you to bring along cakes, biscuits etc., which can be sold. For new families there will also be copies of the Mt Pleasant Cook book available to purchase on the day.

Family Picnic – Thursday April 10, 4pm – 7pm.
Come along and enjoy some social interaction with the school community. There will also be music for the kids to dance to and the canteen will be open to sell Ice-creams and drinks.

The Fundraising Committee has also planned a movie night and a disco for later in the year.

The P&C Committee is also looking into the idea of encouraging students to wear their sports faction T-Shirts with the introduction of the school logo printed on them. More information to follow.

HONOUR CERTIFICATES

RED
Lucy R, Panav K, Aleisha N, Isaac A, Amelie B, Chole K, Beth R and Jamie K

GREEN
Max O, Shurabeel S, Daniel P, Eloise M, Noah N, Avni T, Lara H, Leah C and Alexis C

BLUE
SCHOOL CONTACTS
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Mount Pleasant WA 6153
Phone: 9316 1045
Fax: 9364 8422
Email: mountpleasant.ps@education.wa.edu.au
Website: www.mountpleasantps.wa.edu.au
Kindergarten: 9316 1045
Canteen: 9316 4003
Mt Henry Dental Clinic: 9313 0552
School Security: 9264 4771
School Watch: 9264 4632
South Metro Regional Educational Office: 9336 9563