Dear Parents and Community Members,

Mount Pleasant Primary School Board
You may remember that in the first newsletter, I asked for nominations to the School Board. I received 14 nominations and given that the maximum number of members cannot exceed 15, all nominations were accepted without an election. I am the 15th member of the Board. I would like to thank and congratulate the following Board members: Genevieve Caddy, David Clark, Pippa Dennerley, Shane Highman, Jenny Hogan, Tanya Hunter, Dianne Ledger, Michelle Marshall, Summa McMahon, Elliot Nicholls, Cameron Schuster, Stacey Waters, Kathy Williams and Craig Williams.

The Board met for the first time on Tuesday March 19 and at that meeting Stacey Waters was elected Board Chair and Cameron Schuster was elected Board Secretary. Special congratulations to Stacey and Cameron.

Kindergarten Enrolments 2020
This is a reminder that kindergarten enrolments for 2020 are now open. The enrolment form can be accessed from the Mount Pleasant Primary School website or the front office. If you know of any new parents who may not have children at this school at present, please let them know that Kindergarten enrolments are open.

Parent/Teacher Communication
Mount Pleasant Primary School values and strongly supports ongoing communication with parents regarding the progress of their children. There are formal occasions such as the Parent Information Night, parent interviews as requested and communication via Connect. However, many parents are also contacting teachers via email on a regular basis. Please be mindful that some classes have up to 30 students so you can imagine the number of emails that some teachers have to respond to. If there are any issues to do with academic progress or social/emotional growth, teachers will make contact with you to discuss this further. I ask you simply to consider this in the context of an already busy workload for teachers.

Talk Soon. Talk Often.
This resource is a guide for parents to talk to their children about sex. It is a great publication from HealthyWA and is available from the front office or available from this website http://healthywa.wa.gov.au. There are many other excellent publications available on this website.

MDISSA Interschool Swimming
Please note we are now in Division 2 based on the results from the carnival held last year. Year 4-6 students selected for the Interschool swimming squad will be bringing home information and permission forms tomorrow for the carnival to be held on Tuesday April 9 at Challenge Stadium commencing at 12.00 noon.

There are approximately 25 students attending from Mount Pleasant PS based on results from our faction carnival.

Wendy Anderson and Jenny Hogan will attend the carnival and we will travel to and from the carnival on a bus. There is no fee for this event as students are representing our school as part of the MPPS swimming squad.
Congratulations to the following students who received Honour Certificates for week 7:

<table>
<thead>
<tr>
<th>Name</th>
<th>Room</th>
<th>Name</th>
<th>Room</th>
</tr>
</thead>
<tbody>
<tr>
<td>Nisith Mapa</td>
<td>1</td>
<td>Jaxon Tapper</td>
<td>9</td>
</tr>
<tr>
<td>Jazmin Greenwood</td>
<td>1</td>
<td>Isabella Moppett</td>
<td>9</td>
</tr>
<tr>
<td>Leon Lowrey</td>
<td>2</td>
<td>Andrew North</td>
<td>10</td>
</tr>
<tr>
<td>Lucy Williams</td>
<td>2</td>
<td>Isabella Lim</td>
<td>11</td>
</tr>
<tr>
<td>Jade Auret</td>
<td>3</td>
<td>Jude Goldhahn</td>
<td>11</td>
</tr>
<tr>
<td>William Rusbatch</td>
<td>3</td>
<td>Dylan Leighton</td>
<td>12</td>
</tr>
<tr>
<td>Billie Pendergrast</td>
<td>3</td>
<td>Ethan Sharpe</td>
<td>12</td>
</tr>
<tr>
<td>Christian Wee</td>
<td>4</td>
<td>Ruben Jarosek (Year 1)</td>
<td>13</td>
</tr>
<tr>
<td>Cooper O’Malley</td>
<td>4</td>
<td>Jack Slater (Year 1)</td>
<td>13</td>
</tr>
<tr>
<td>Caitlyn Rummer</td>
<td>5</td>
<td>Ophelia Lamerand</td>
<td>14</td>
</tr>
<tr>
<td>Xander De Felice</td>
<td>5</td>
<td>Henry Malseed</td>
<td>14</td>
</tr>
<tr>
<td>Beau Miles</td>
<td>7</td>
<td>Nyla Nagra</td>
<td>16</td>
</tr>
<tr>
<td>Zoe Beer</td>
<td>7</td>
<td>James Stibbs</td>
<td>16</td>
</tr>
<tr>
<td>Harrison De Felice</td>
<td>8</td>
<td>James Floyd</td>
<td>17</td>
</tr>
<tr>
<td>Taylor Smith</td>
<td>8</td>
<td>Lucas Baldacchino</td>
<td>17</td>
</tr>
</tbody>
</table>

Working Together Certificates Recipients
To promote the values and “Working Together” motor of our school.

Eve Maddern           Mrs Lund
Olivia De Felice      Mrs Anfuso
Scarlett Irwin        Mrs Anfuso
Eliza Johnston        Mrs Sparkes
Zara Fernandez         Mrs Anfuso
Amie Glass            Mrs Anfuso
Sophia Johnson        Mrs Anfuso
Ella O’Donoghue       Ms Williams

Bike-Ed
You may have noticed a few extra bikes around the school lately. This is because for the last 5 weeks of the year 6 students have been participating in the Bike Ed Program during their physical education lessons.
This culminated in a bike ride around the river on Friday March 15. It was an amazing day and well done to all the students involved and a big thank you to the parents who helped out.
Harmony Day
What a wonderful sight to see the school community dressed in heritage clothing and lots of orange! The message of Harmony Day that “Everyone Belongs” was embraced as we shared the joy around with a morning parade followed by a delicious cultural lunch with our buddy classes and family members. A big thankyou to everyone for all the effort you went to in helping make the day a fun and community building event.

Room 13
As well as being Harmony Day March 21 is Nowruz, the start of the Persian new year celebrations. Sophie’s mum (Saviz) and Abtin’s mum (Sanaz) helped Room 13 learn about the Nowruz traditions.
**Enthusiasm**
Enthusiasm is doing things with zest and excitement. It is really looking forward to something. Enthusiasm comes from having a positive attitude about the things you do.

---

**Cake Stall**
Thank you to Claire, Erika, Kai Er, Maia and their families for your kind support of our cake stall last Tuesday. It is exciting to see the fundraising tally for education projects go up, knowing we are doing something to help those less fortunate.

**Next cake staff: Tuesday 2 April at lunchtime**
Prices usually range between $1—$3.

**National Day of Action Against Bullying and Violence**
On March 15 we had a photo booth before school and at recess promoting The values “Bullying. No Way!”. The students had a lot of fun dressing up,
Volunteer Help Needed in the Library
Hello everyone,

I am looking for volunteers to help in the Library, mainly with shelving and covering books. If you are able to spare some time, either call into the Library on Tuesday, Wednesday or Thursday when I am here or leave your name and contact details and I will get back to you. Thank you.

Penny Porter
Library Officer
FREE FUN KIDS PROGRAM!

The Better Health Program is a 10 week healthy lifestyle program for kids aged 7-13 who are above a healthy weight.

- Learn simple ways to eat healthier foods everyday
- Build confidence and boost self esteem
- Get fit playing fun games and activities
- Meet new friends and have fun!

REGISTER NOW FOR TERM 2 2019

Port Kennedy
Cannington
MIRRABOOKA
Joondalup

Call: 1300 822 953  SMS: 0409 745 645
Online: betterhealthprogram.org
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 in the Perth metropolitan area.

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 a 2-hour session 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

Program Leaders:
The Better Health Program is delivered by local health professionals who have completed Better Health Program training.

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 Resources:
Each participant of the program receives a full set of resources to assist their learning and behaviour change during and after the program.

Registrations:
Families
Call: 1300 822 953
Text: 0409 745 645
Online: www.betterhealthprogram.org
Message: Better Health Company

Health professional referral
Email: programs@betterhealthcompany.org
Fax: 1300 325 301

PROGRAM OUTLINE

<table>
<thead>
<tr>
<th>Week 1</th>
<th>Parents and children attend together</th>
<th>Parents attend while children are in physical activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Welcome and measurements</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Week 2</th>
<th>Fitter, healthier, happier</th>
</tr>
</thead>
<tbody>
<tr>
<td>Goals and rewards</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Week 3</th>
<th>Goals and rewards</th>
</tr>
</thead>
<tbody>
<tr>
<td>Be a moving and grooving family</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Week 4</th>
<th>Refined vs unrefined</th>
</tr>
</thead>
<tbody>
<tr>
<td>External triggers</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Week 5</th>
<th>Fats and sugars</th>
</tr>
</thead>
<tbody>
<tr>
<td>Internal triggers</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Week 6</th>
<th>Label reading</th>
</tr>
</thead>
<tbody>
<tr>
<td>Supermarket tour</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Week 7</th>
<th>Ready, steady, eat</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bullying</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Week 8</th>
<th>Survival guides</th>
</tr>
</thead>
<tbody>
<tr>
<td>Modelling + sleep and routines</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Week 9</th>
<th>Healthionairel</th>
</tr>
</thead>
<tbody>
<tr>
<td>Problem solving</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Week 10</th>
<th>Measurements</th>
</tr>
</thead>
<tbody>
<tr>
<td>Graduation and group reward!</td>
<td></td>
</tr>
</tbody>
</table>
FREE PARENTING SEMINARS

You are invited to attend the Triple P Seminar Series. You will learn practical, positive and effective ways to deal with common behavioural problems and ways to help your child achieve their best at school and in the future.

Parents are encouraged to attend all 3 seminars:

1. Children's behaviour - the tough part of parenting
2. Raising Confident Children
3. Raising Emotionally Resilient Children

The next FREE 3 week Series is held:

When: Starting Fri 14 Jun 2019
Location: Willagee Community Centre
RSVP: Bookings are essential and places are limited.

Please visit healthywa.wa.gov.au/parentgroups to book your place.
Triple P Positive Parenting Program

You are invited to attend a Group Triple P. Triple P teaches positive, practical and effective ways to manage common issues which most parents will face.

Parents will learn effective parenting strategies such as ways to encourage behaviour you like, how to promote your child’s development and how to prevent or manage common child behaviour problems.

The next FREE 8 week Group is held:

When: Starting Thu 9 May 2019
Location: Coolbellup Community Centre
RSVP: Bookings are essential and places are limited.

To book online
www.healthywa.wa.gov.au/parentgroups

Unable to book online?
Please call 1300 749 869

To find other available programs visit our website
www.healthywa.wa.gov.au/parentgroups
East Fremantle Football Club

SCHOOL HOLIDAY FOOTY CLINIC

Meet & be coached by players from the EAST FREMANTLE SHARKS and EAST FREMANTLE WOMENS

Wednesday April 17th

East Fremantle Oval
9am - 1pm
(Registration from 8:30am)

Open to Primary School Aged boys & girls

Cost: $80
Includes: Coaching, EFFC Bag, Footy, Drink Bottle, Sharks Team Poster & Lunch

FOR THE PARENTS:

Why let the kids have all the fun? Join in a complimentary, 45 minute Mat Pilates & Stretch Class with the Pilates Base Studio. On Point Sports Therapy will also be giving complimentary massages.

For more info or to book visit www.effc.com.au or call 9339 5533