Reflection

“In the silence of the heart God speaks. If you face God in prayer and silence, God will speak to you"
Mother Teresa

Message from the Principal

Parent Involvement in your child’s school

The best way to show your child that you value education is by being involved in your child’s school. This week there are a number of parent events taking place in our school. For those of you who are interested in nature play, the Nature Play Group will be meeting at 6:30pm on Wednesday 22nd February in the Library. On the same evening the Parents and Friends’ Association will be holding their first meeting for the year at 7:30pm in the Library. All families are invited to the P&F Community Welcome Night on Friday 24th February commencing at 5pm on the school oval. I look forward to seeing you there.

Make this year your child’s best ever at school

As happened last year, we will regularly include articles from the ‘Parenting Ideas’ website in our Yidarra Newsletters. I encourage all parents and caregivers to take the time to read and reflect on these articles.

Please take a few moments to read this week’s article by Michael Grose which is taken from the ‘Parenting Ideas’ website www.parentingideas.com.au.
A new school year means a fresh start for students. Regardless of your child’s performance last year, they start school with a clean slate. A break offers students the chance to begin new habits and adopt new behaviours.

Here are five ideas to help you make the most of the fresh start and make this year your child’s best year ever year at school:

1. **Commit to your child going to school every day on time.** One of the most important things you can do to ensure your child has a bright future is to make sure he or she goes to school every day – and gets there on time. Kids spend more time asleep than at school, so we need to maximise every day to get full value.

2. **Help kids start each day well.** A good night’s sleep, a healthy breakfast and some words of encouragement from you will help set a positive tone for a day of learning. This may mean that you adjust your morning routine so that kids have plenty of time get up, eat and get ready for the day.

3. **Establish work & study habits.** The most successful students are those that develop regular study habits that suit their lifestyle, their study style and their school’s expectations. Find out the work expectations from your child’s or young person’s school and help them establish a work routine that matches.

4. **Make sure your child gets enough sleep.** Many children and young people are sleep-deprived, which impacts on their wellbeing and their learning. A good night’s sleep consolidates learning, as well as assisting future learning. Children need between 10-12 hours of sleep each day, while teens need a minimum of nine hours. Help kids get sufficient sleep by having a regular bedtime and get-up time each day. Have a 45-minute wind-down time each night, and remove screens and mobile phones from bedrooms.
5. **Insist your child exercises.** The old saying about ‘a healthy body and a healthy mind’ is so true. Exercise releases the chemicals needed for learning and wellbeing. Yet kids today get less exercise than those of past generations, which is an impediment to learning and mental health. Health professionals recommend a minimum of 60 minutes of exercise per day for kids of all ages. Encourage your child to play sport; promote free and active play and look for ways to make moving part of their daily lives.

May God bless your week,

Carmel Costin
Principal

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**Ash Wednesday Mass**

Please join us as we mark the beginning of Lent with a Mass and distribution of Ashes at 9am in the St Thomas More Parish on Wednesday 1 March 2017.

Classes from Y1-6 will be attending. Kindy and PP will have the Ashes brought to their classes after Mass.

There will be no parent morning tea following Mass.

Please remind your children that Lent is a special time in the Church calendar where we especially reflect on the choices we make on a day to day basis.

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**The BISHOP’S RELIGIOUS LITERACY ASSESSMENT (BRLA) 2017**

The administration of this test will be online as in 2016. Year 5 children will use their home provided IPads and Year 3 will use school IPads. All children will need to have their own headphones (not the ear plug type) for this assessment.

Tests cannot be made up if children are absent at this time.

<table>
<thead>
<tr>
<th>Year 3</th>
<th>Term 3 Week 5: 14-18 August 2017</th>
</tr>
</thead>
<tbody>
<tr>
<td>Year 5</td>
<td>Term 3: Week 4: 7-11 August 2017</td>
</tr>
</tbody>
</table>
Merit Awards
Week 4
Alessandra K 1B
Remington B 1B
Holly D 1G
Brendon K 1G
Mitchell M 1G
Elizabeth K 1G
Amelie C 2B
Noah G 2B
Marcus A 2G
Ruby B 2G
Max H 3B
Ella L 3B
Katherine K 3R
Patrick D 3R
Christian B 4B
Greer M 4B
Hannah O 5B
Kiara T 5B
Jake M 5B
Claire M 5G
Kenli E 6B
Ruby L 6B

Stars of the Week
Jake M 2G
&
Isabelle L 5G
Like many other people, we celebrated Valentine’s Day in the library this week. Some year 3 students and staff were happy to declare why they love our library. Comments included appreciation of the books, exiting things to read, a pleasant place to be in and helpful and friendly staff.

Mrs Munro and I also have a list of what we love about our library - a great library collection, a budget that helps us provide new and exciting books for our students, keen students, helpful parents who cover books for us, lovely comfortable places to read in and this week, most importantly - air conditioning!

Cheryl Lopez
Teacher Librarian
lopez.cheryl@yidarra.wa.edu.au

A note from the Community Health Nurse

Welcome to the new school year. My name is Linda Kavanagh and I am the Community Health Nurse who visits your school.

Community Health Nurses work in schools to promote healthy development and wellbeing so students may reach their full potential. A major part of my work is focused on early intervention and the School Entry Health Assessment program.

Community Health Nurses serve as a health contact point for children and their families, providing information, assessment, health counselling and referral. The services provided are free and confidential.

If you have a concern about your child’s health or development, please contact me via your school office or at my Community Health Base on 9314 0100.
Next P&F Meeting

The next P&F meeting will be held in the Library on Wednesday, 22 February at 7.30pm, as always everyone is welcome.

Community Welcome Night - Friday, 24 February from 5pm on the school oval

Flyers have been sent home, see flyer in this week’s newsletter for further details.

Easter Raffle - Free Dress & Donation Day Thursday, 23 March 2017

Flyers have been sent home today. Each class will have a basket for your donations. The raffle will be drawn on Thursday, 6 April 2017. Extra ticket forms are available in the office foyer. See notice in this newsletter.

Quiz Night - Friday, 31 March at 7pm, Melville Bowling Club – TICKETS ARE NOW SOLD OUT!

See updated notice and thank you to our supporters can be found in this newsletter.

If you require any further information, please contact coordinator Kelly Golding via email kelly@golding.net.au.

Scholastic Book Club News

Issue 1 orders have now closed.

Thank you to everyone who has placed an order.

Rebekah Ernst
Parent Volunteer Coordinator
Mb. 0417 908 896

Parent of Yidarra, Laura Bell-Ocejo (Olivia & Xavier) and her team have Authority to Fundraise.

This is to confirm that the Team Con Mama, and its members, are raising funds for the Hawaiian Walk for Women’s Cancer benefiting the Harry Perkins Institute of Medical Research for breast and ovarian cancer.

All funds raised will be given to the Perkins to assist us to continue this research.

Yours sincerely,

Cate Leedman
Fundraising Events Officer
Hawaiian Walk for Women’s Cancer
cate.leedman@perkins.uwa.edu.au

Click on link for more information:
https://hawaiian-walk.everydayhero.com/au/con-mama
Yidarra P&F

Community Welcome Night 2017

It is with great pleasure that we invite all Yidarra families to our revamped welcome night

When: Friday, 24 February
Where: Yidarra Oval
Time: 5-8pm

Feel free to BYO picnic hamper (and drinks). There will be food trucks with meals priced from $10.00 (Pasta and Toast my Curry including vegetarian, gluten free, vegan and halal available).

Ice creams, cold drinks and coffee will also be available on the evening.

Assorted games, tug of war and bouncy castle (fully supervised)
Entertainment will be provided by DJ Paul V

Look forward to seeing you all at this wonderful community event!

Please forward any enquiries to Jo

jo.winfield@ymail.com
Yidarra Community Quiz Night update!

Thank you to all who have purchased tickets for the Quiz Night. It is now sold out!

Thank you also to the many families who have contributed donations to be used as prizes. They are still being collected in the classrooms and we thank Yidarra staff, both in the classrooms and office, for collecting donations on our behalf.

<table>
<thead>
<tr>
<th>Year group</th>
<th>Donations</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pre-Kindy, Kindy, Pre-Primary &amp; Year 1</td>
<td>cash or scratchies in an envelope, or wine or spirits - this is being collected again this week via baskets in the Kindy rooms.</td>
</tr>
<tr>
<td>Year 2</td>
<td>tea, coffee, pods, nice jam, condiments etc - suitable as hamper items</td>
</tr>
<tr>
<td>Years 3 &amp; 4</td>
<td>chocolates, gift biscuits, boiled or tinned lollies etc - suitable as hamper items</td>
</tr>
<tr>
<td>Year 5</td>
<td>gift bags, baskets, clear cellophane, ribbon, sticky tape etc</td>
</tr>
<tr>
<td>Year 6</td>
<td>cash in an envelope or pamper items such as scented soaps, hand creams, bath salts etc</td>
</tr>
<tr>
<td>All families</td>
<td>substantial donations can be handed directly to the school office</td>
</tr>
</tbody>
</table>

Thank you to our generous supporters this week:

Aussie Outdoor Cinemas
Rottnest Express
Stockland Bull Creek
The Cove Indian Restaurant, Attadale
The De Pinto Family
Shaun Yeo and Jones Ballard Property Group
Triassic Fun Park, Canning Vale
Pagoda Resort and Spa, Como
New Edition Bookshop, Fremantle
Parties Kids Remember
Shekki Women’s Swimwear, Attadale
Perth Wildcats
Arbonne, by Maria Wilson
Duckstein Brewery
Ember Candles
Michael Brothers – Juice & FUNK Cider
Scarfo’s Meating Place
Dinner Twist, Fremantle
... and Anna Ruston!

Kailis Fish Market
WA Maritime Museum
Olive Farm Wines
Grasshopper Soccer, Applecross
TNT All Stars, Booragoon
Gymbaroo, Canning Vale
Heaven’s Beauty, Mt Pleasant
Wilkes Martial Arts
The Dance Collective
Celebrations, Willagee Liquor Store
Main Event Hire
WA Wine Tours
Activate Physiotherapy, Kardinya
The Klass family and Cylciq
Emma D’Alfonso and Embrace Beauty
Jungle Gym
La Dolce Vita Beauty Spa, Alfred Cove
Helen O’Grady Drama Academy - Southern Suburbs
EASTER RAFFLE
Free Dress & Donation Day
PRE-PRIMARY – YEAR 6

It’s back!

After the amazing success of last year’s raffle, the P&F are excited to be running the Easter Raffle again this year. We will be holding a Free Dress and Donation day on

Thursday, 23 March 2017

Donations do not have to be chocolate; we are happy to receive any Easter related donations (healthy options, craft, fluffy toys, baskets etc). Please no second hand toys or expired goods. Any gift boxes/baskets would also be greatly appreciated.

Raffle will be drawn on - Thursday, 6 April

A collection box will be situated in each classroom for your kind donations.

Thank you in advance for your support in making the Easter Raffle a fundraising success!

Extra tickets will be available in the front office.

If you have any queries, please contact Suzanne on 0419 117 452.

Please note: The raffle is for Yidarra family members & Pre-Primary to Year 6 students ONLY
Let's GLOW riding - Fun Free Family Event

Decorate your bike with festive lights and come and join us for an outdoor meal and ride on the Deep Water Point foreshore.

Date: Friday, 24 March 2017
Time: 7.00pm to 9.00pm (dinner from 7.00pm till 8.00pm)
Venue: Deep Water Point (The Esplanade, Mt Pleasant)
Cost: FREE
Bookings: Required

Let's Glow Riding 2017 is part of Bike Week and invites participants to decorate their bikes and themselves with as many reusable shiny, illuminated and sparkly items as possible. Make sure your bike has front and back lights and then add any other lights or fluoro paint you like. Don’t have anything sticking out that might cause harm to someone else or get stuck in your spokes. You could try Glow Safe Paint from a hardware store, add LED lights or electroluminescent wire. At 8.00pm we will take a leisurely ride around the bridges to show off your bikes and remember the fun of riding. (We will be use family friendly river foreshore paths.)

For more information and to RSVP please contact Leon Ebbelaar 9364 0673 or leon.ebbelaar@melville.wa.gov.au Ruth Behn 9364 0680 or ruth.behn@melville.wa.gov.au.

For more information, see the links below:

Ideas to decorate / pimp your ride

https://www.youtube.com/watch?v=sUA2UmB7cX4
https://www.youtube.com/watch?v=RJ2xGFfrND0
CORPUS CHRISTI COLLEGE

A Catholic Education for all

The College warmly invites you to attend our 2017 TOUR DAYS.

WHEN
Thursday 9 March 2017
Tuesday 14 March 2017

TIME
9.00am arrival and registration: 9.15am start

WHERE
The James Nestor Performing Arts Centre

Following an opening address from the Principal, Mrs Caroline Payne, Year 10 students will conduct guided tours of the College and grounds. Morning tea will be provided at 11.00am outside the Mater Christi Centre.

PARKING
Top carpark, entrance from Murdoch Drive

REGISTRATION
To register your attendance, please visit the following site:
www.trybooking.com/OTML

We invite you to join our community!