

*You'll find us on a jar at Grill'd Ocean Keys, Ocean Keys Shopping Centre
36 Ocean Keys Blvd, Clarkson.*

From the Principal....Merriwa ESC...

Dear Parents/Carers,

Welcome back! I trust that you have had a safe and wonderful holiday. During the break Room 24 & 25 underwent some renovations and now has vinyl flooring.

Some up and coming events this term include the Mothers Day Stall, the P&C School Disco, the Food Revolution Day and the Disability Awareness Day where students will have the opportunity to dress in their favourite organisation's colour. The majority of our staff have enrolled in the Auslan course through TAFE and are looking forward to utilising their new skills in the classroom.

Thank you to all the families that attended the Anzac Ceremony on Wednesday. It was wonderful to commemorate one of the most significant events in our national calendar together.

*Christina Maunick-Sallie
Principal
ESC*



Next Week's Activities

	Monday	Tuesday	Wednesday	Thursday	Friday
Before Care Activities	Act It Out	French Musical Chairs	Monopoly	Balloon Blowing Race	Design a menu
After Care Activities	Robot Dancing	Clown Face	Mandala Colouring	Chain Chasey	Hula Hoop Haven

Parent Information

OSHC program phone: 0434 517 166

Coordinator: Rachel Manship

Assistants: Caitlin Crawford

OSHClub Head Office: 03 8564 9000

All families must be enrolled to attend the program, remember this is Free!! Please create an account online at www.oshclub.com.au all bookings and cancellations can also be managed via your online account. For on the day bookings please contact the Coordinator direct at the program.

Early and Late Arrivals

Children must not arrive at school before 8.00am unless going to the OSH Club or being supervised by parents/carers. Children arriving between 8.00 and 8.20 (first siren time) must wait in the undercover area or playground area near the flag poles. The school does not provide teacher supervision before 8.00am and duty of care cannot be guaranteed.

Late arrivals, children arriving after the second siren at 8.30am must report to the office before continuing on to their class. These children are marked late.



Review of the children's crossing on Baltimore Parade

The school has been advised by the Children's Crossing and Road Safety Committee that the school crossing will be reviewed in the near future. The review will be two morning and two afternoon surveys. The school encourages all pedestrians, children on scooters, bikes or skate-boards to use the crossings so the committee get a true picture of the school community's needs.

Please note that all Children's Crossings are being reviewed, so please make sure we use it, so that we don't lose it!



PAYMENT FOR INCURSIONS/EXCURSIONS

We are now using a new money envelope system for the collection of incursion and excursion charges. Please note that the permission slip and envelope are to be handed to the classroom teacher. The students full name and class number should be written clearly on the envelope and the correct money needs to be placed in the envelope as change will not be given.

Thank you

MERRIWA PRIMARY SCHOOL

Student.....
Room Number..... Date

Payment for.....

AMOUNT \$ ☐ CASH ☐ CHEQUE ☐ PASSPORT PROGRAM (please enclose tokens) (✓ Please tick)

DIRECT DEBIT - Reference Number

Direct Debit Details: BSB - 016 246 Account Number - 340918248

PLEASE ENCLOSE THE CORRECT MONEY - NO CHANGE CAN BE GIVEN

Return payment and permission form to the class teacher

EAT RIGHT - STAY STRONG - HEALTHY BONES

Energy drinks

Energy drinks are not suitable for children and teens. They are also not recommended for pregnant women, people with heart disease, or people who are sensitive to caffeine.

Energy drinks typically contain;

- caffeine (ranges from 30mg/250ml to 150mg/250ml, depending on the brand);
- guarana (a caffeine extract from a plant);
- sugar (in higher quantities than sports drinks);
- protein (the amino acid taurine is often added to these drinks), and;
- Vitamin B.

The high caffeine content of these drinks can produce a variety of unpleasant side effects. The high sugar levels in these drinks can reduce the body's ability to absorb water, meaning that it is dangerous to consume these drinks before, during or after physical activity. It is particularly dangerous to mix energy drinks with alcohol.

For more information go to www.heartfoundation.org.au

Community Health Nurse
North Coastal Zone
Child and Adolescent Community Health

ROOM 16

ANZAC POEM

Before dawn the brave Anzac troops arrived
on the battle fields of Gallipoli, their hearts
pounding.

The Turks are waiting, then a "crack" of a
rifle starts it all. The war has begun, the
Anzac's are fighting for their lives. From that
day on we will remember them as our
brave soldiers.

By Shonola Kennedy



ANZAC POEM

The soldiers stood on the dark beaches
waiting for the first gun shot to start the
war. Men died fighting for our country.

Some survived the war, but at the end no one
won.

By Emma Geyer



ANZAC POEM

The soldiers stood on the dark and mysterious
beach not knowing what lies ahead, even
though they seemed brave, they were all
scared of what was waiting for them.

Suddenly it began to start, they were battling
for their lives. But most of them did not
survive, but those who did not survive, we will
remember them. Lest We
Forget.

By Maqkayla Willis-Moore



ANZAC POEM

The diggers stood in their trenches, waiting
for the enemy to breach.

Their commander was out fighting, as their
way was brightening, the Turks stood in the
way of the glory the Anzac's could have.

By Kyle Warr

