



# ROSSMOYNE REFLECTIONS

NEWSLETTER NO. 8

Friday 30 August 2019

Virtue of the Month for August—Excellence

Next Newsletter—27 September 2019

Together we empower global citizens.

## PRINCIPAL'S MESSAGE

The last few weeks have certainly been eventful! We have celebrated Science Week, Book Week, had our school photos and had lots of visitors and several excursions including the Interschool Cross Country. I hope you enjoy looking at the photos of these events that are included later in the newsletter.

### Science Week Tabloid Morning

To celebrate Science Week, all of our students from Pre-primary to Year 6 participated in a range Science activities on 13th August. Students were arranged into multi-age groups and it was wonderful to see our older students caring for and helping our younger students participate in the Science activities. The activities included making bubbling rockets, egg parachutes, lava lamps, fizzy planets, and slime. Our students learnt about lots of things including constellations, chromatography, sound and earthquakes. Thanks to the parents who came along to assist on the day.

### Book Week

Sincere thanks to everyone for participating in our Book Week Dress Up Parade. The costumes worn by students and staff were very creative, and it was great to see everyone bringing along the book that their character was from. Special thanks to everyone who shared in our picnic lunch—it was wonderful to have so many people attend.

### 2020 School Planning

Our planning for next year has already commenced. If your child/ren will not be returning to Rossmoyne Primary in 2020, can you please let us know. Having accurate student numbers will allow us to plan effectively.

### NAPLAN

Information about the performance of students in all states in NAPLAN 2019 was released earlier this week. WA remains the 'most improved jurisdiction' in Australia and also has the highest number of improved mean scores of any state. I look forward to sharing **information about our students'** performance in NAPLAN compared to other schools in WA and throughout Australia when this information is available. Individual student reports will be distributed to families as soon as we receive them, which will be in mid to late September.

Thanks P&C!

On behalf of the school community, I would sincerely like to thank the P&C for **successfully applying to have a children's crossing** installed on Third Avenue. Special mention must be made of Troy Fare for his leadership of this initiative. **I'm pleased to advise that the required upgrade works** have been scheduled for the upcoming school holidays.

School Board Annual Public Meeting  
**The School Board's Annual Public Meeting** is being held on Monday 16th

September at 7 pm. You are most welcome to attend and experience how a Board meeting operates. The members of the Board would love to meet you and have a chat too.



### Happy Father's Day

I hope all the dads and grandads in our school community enjoy their special day on Sunday.

*Rochelle Williamson*

Principal

### Upcoming Events

- \* 5 Sept. —Room 16 Assembly
- \* 9 Sept.—P&C Meeting, 7 pm
- \* 12 Sept.—R U OK? Day
- \* 16 Sept.—School Board Meeting
- \* 19 Sept.—Rm 23 & 24 Assembly
- \* 20 Sept.—Faction Athletics Carnival
- \* 25 Sept.—Learning Journey



Our 2019 Learning Journey will be held on Wednesday 25 September between 5.00 to 6.45 pm. I hope you can join us!

### Our 2018 to 2020 Priority Areas

1. Excellence in Teaching
2. Successful Students
3. Health and Well-being
4. A Connected Community

Integrity Respect Courage Belonging

[www.rossmoyneps.wa.edu.au](http://www.rossmoyneps.wa.edu.au)

SCHOOLWATCH: 1800 177 777

[Rossmoyne.ps@education.wa.edu.au](mailto:Rossmoyne.ps@education.wa.edu.au)



### Merit Certificates

Congratulations to the following students who were awarded with Merit Certificates at our recent assembly. Keep up the great work!

<b>ROOM 8</b> Jordan Belina	<b>ROOM 9</b> Ellie Liam	<b>ROOM 10</b> Krystal Jude
<b>ROOM 13</b> Jayven Scarlett	<b>ROOM 14</b> Timothy Marianna	<b>ROOM 15</b> Rachel Joshua
<b>ROOM 16</b> Sydney James	<b>ROOM 17</b> Thomas Emily	<b>ROOM 18</b> Zaynab Fergus Aarish
<b>ROOM 19</b> Lincoln Jack	<b>ROOM 20</b> John Amy	<b>ROOM 21</b> Hamish Anakha
<b>ROOM 22</b> Luke Stephanie	<b>ROOM 23</b> Willis Zoe	<b>ROOM 24</b> Sophie Chariss
<b>ROOM 25</b> Liam Jasmin	<b>Room 26</b> Ruphie Haydn	<b>LANGUAGES</b> All students in Room 10



### What's Been Happening In Sport?

**Morning Running Club:** We are continuing to have lots of students participating in Morning Running Club on **Monday, Wednesday and Friday mornings from 8:15 to 8:30 am.** This term's competition is for the top 5 students in each year level. Everyone who comes along receives a ticket to go in the draw to win brand new sports equipment. Keep up the good work!

**Faction Athletics Carnival:** Our Faction Athletics Carnival is on Friday 20<sup>th</sup> September (week 9). **This event is a massive school event that requires lots of parent help to ensure it's successful.** If you are available to help please contact Mr Bycroft. We are still seeking a lot of helpers!



### Inter-school Athletics Carnival

Jumps, throws and distance races are on Tuesday 22<sup>nd</sup> October, am.

Track and team games are on Thursday 24<sup>th</sup> Oct, am.

Both events will be held at Riverton Primary School. Please let Mr Bycroft or Mr Wilson know if you can help run a jump pit on the 22<sup>nd</sup> October.

**Interschool Cross Country:** On Tuesday the 20<sup>th</sup> August we competed in the SCISA Interschool Cross Country Carnival. We demonstrated some outstanding running and finished in 4<sup>th</sup> place overall. A special mention to Nate, Maya, Kate and Ruby who won places and received trophies.



Nate—1st Place  
Junior Boys



Maya—3rd Place  
Year 4 Girls



Ruby—2nd Place  
Year 5 Girls



Kate—3rd Place  
Year 6 Girls

# 2019 Book Week





2019 Science Week



## We Want Your Type 1 and 2 Plastic Rubbish!

Did you know that by 2050 there will be more plastic in our oceans than fish? This **will be our future if we don't act NOW**. If we want to end pollution, we **NEED** to be part of the solution. We need to think of plastic as a precious material. It has so much purpose in our lives so we **MUST** stop treating it like rubbish.

The Environmental Advocates and Mrs Singh have come up with a solution to help tackle our plastic pollution problem. We are working with GreenBatch, a West Australian company that turns WA plastic into 3D printer filament. They are an emerging company that is giving **OUR** waste a new purpose. This is **GREAT** news because WA has never recycled or reprocessed **ANY** of its own plastic. Every one of us can contribute to giving our plastic waste a second chance just by bringing it to school. It is a simple action that will greatly affect **WA's future in becoming a cleaner state** and a cleaner place for us to live in.

These are the simple steps you can take to make a change and be part of the solution—**CHECK, DROP, CHANGE**.

**CHECK** the bottom of your plastic containers. You can tell if it is **type 1 or 2 plastic** by checking the number inside the triangle. It must be a 1 or 2. Please make sure your containers are clean by giving them a wash.

If it is, then **DROP** it into your class collection tubs.

Green Batch will take our plastic waste and **CHANGE** it into something useful.

It **doesn't have to be a future where there is more plastic than fish in the ocean**. It is up to us to make the change. We must act now. Help us be the change for a cleaner WA.

The poster is titled "GREEN BATCH SCHOOL RECYCLING PROGRAM AT YOUR SCHOOL NOW!". It features a central illustration of a large plastic bottle with a recycling symbol on it. To the left, a box says "BY 2050 MORE PLASTIC IN OUR OCEANS THAN FISH". Below this is a comparison of plastic bottles and fish for the years 2025 and 2050. A graph shows "WORLDWIDE ANNUAL PLASTIC PRODUCTION (MILLIONS OF TONNES)" with a line for "9% RECYCLED" and a line for "0% RECYCLED". To the right, it says "GREENBATCH TURNS WASTE PLASTIC INTO 3D PRINTER FILAMENT" with an illustration of a person recycling. Below that, "WHAT WE COLLECT" lists various plastic items. At the bottom right, a checklist says "LIDS AND LABELS PLEASE WASH NO RUBBISH NO OTHER PLASTICS" with checkmarks and crosses. The bottom of the poster says "START COLLECTING WASTE PLASTIC TODAY MAKE A DIFFERENCE TO YOUR PLANET'S FUTURE".



### Kapture Photos

Following our recent school photography by Kapture, you can now view and order any special photos taken this year. When visiting <https://www.kapture.com.au/event.asp> you will need to enter our school code under the Sports & Event tab to access the gallery. Code: QKDGZS

All students are invited to wear yellow on Thursday 12th SEPTEMBER!



**Ask R U OK?**  
**You've got what it takes**  
Start a conversation using these 4 steps

1. Ask R U OK?
2. Listen
3. Encourage action
4. Check in

Find tips to ask at [ruok.org.au](http://ruok.org.au)

**RUOK? DAY™**  
14 September 2017

### Separation Anxiety

Separation anxiety is the common and normal fear that children have of being away from their families. It is experienced by many children. A developmentally appropriate level of separation anxiety reflects the close attachment between children and their families, but it tends to lesson with age. However, if the anxiety becomes excessive, it can interfere with the child's daily functioning and learning, and they may be at risk of developing an anxiety disorder. So, it's important to help children manage separation anxiety before it becomes problematic.

### What are the signs?

Children vary in their level of emotional sensitivity. Some children worry while others are more carefree and don't show anxiety when separating from family. Children also show their anxiety in different ways. Some may be visibly upset or appear nervous, clingy or withdrawn, while others may have physical symptoms such as headaches or stomach aches.



### Common behaviours include:

- \* crying
- \* tantrums
- \* clinginess and not letting go of a family member
- \* needing a favourite toy to settle
- \* shyness
- \* difficulty in social activities with other children
- \* stomach aches and vomiting
- \* difficulties sleeping
- \* refusing to speak

### How can I help children manage this anxiety?

You can help children manage their separation anxiety by being calm, relaxed and reassuring, acknowledging their emotions and providing comfort. By being emotionally available and showing understanding about children's fears, you help to manage children's anxiety when it's too big for them to manage on their own. But it's important to find a balance between supporting and reassuring children and allowing children to practice managing their own emotions.

## Parents and Citizens' Association



The next P&C Meeting is being held on Monday 9 September at 7 pm in the school library. You are very welcome to join us.



### Cake Stall

The P&C will be holding a cake stall at the Faction Athletics Carnival being held on Friday 20 September. It will be set up on the stage area near the oval.

If you can help out at the stall, please add your name to the roster which is displayed on the window of the staffroom, or approach us on the day if you have some time to spare!

If you plan to bake for us, please deliver items directly to the cake stall on the day of carnival OR contact Mel (0452 644 489) to arrange deliveries on Thursday 19th Sept.

Goods to be sold need to have basic the ingredients listed.

*Please clearly identify if your cake.....*

- CONTAINS NUTS
- is WHEAT or DAIRY FREE
- is any other special type

If you have any questions contact Mel Boston - 0452 644 489.

Sports Carnival Pizza Special  
Antonio's would like to offer a sports carnival special for families who would like to order pizza.

Traditional jumbos—\$20  
Large—\$17

Families are requested to place orders as early as possible to avoid disappointment on the day.

Orders are now open.



## Message from the Community Health Nurses



Next Week is Asthma Week

### Asthma – what is it?

As we breathe, air moves in and out of the lungs through branching airways. People with **asthma have sensitive or 'twitchy' airways**. When they are exposed to certain 'triggers' (e.g. cigarette smoke), their airways narrow making it hard for them to breathe.

The three main factors that cause this narrowing of the airways are:

- the inside lining of the airways become red and swollen (inflamed);
- the muscle around the airway tightens, and
- extra mucus is produced.

### What are the main symptoms of asthma?

- wheezing - a high pitched raspy sound on breathing
- coughing
- shortness of breath
- tightness in the chest

These symptoms vary from person to person, and from time to time within the same person. Some people have all the symptoms, while some may only have a cough or wheeze. Symptoms can also vary considerably in intensity.

For more information visit: <http://www.asthmawa.org.au> or <https://www.asthmaaustralia.org.au>

**We don't really know why some people have extra sensitive airways and others don't, but we do know that many people are born with a tendency to develop asthma.** There is often a history of asthma, eczema or hay fever in brothers, sisters and parents or close relatives. Asthma can occur for the first time at any age.

There is evidence that contact with certain things, for example cigarette smoke during pregnancy and early childhood, increases the risk of developing asthma. For more information on smoking, pregnancy and asthma visit [www.smokefreebaby.org.au](http://www.smokefreebaby.org.au).

### Asthma first aid

Children with asthma can quickly become seriously ill. Asthma needs to be taken seriously. A child with a serious asthma attack may not sound wheezy, but may be pale, quiet and/or breathing with quick shallow gasps.

If someone is short of breath and wheezing from asthma, follow his or her Asthma Management Plan, or these first aid steps:

Step 1 - Sit the person upright, remain calm and help the person stay calm. Do not leave the person alone.

Step 2 - Quickly give four puffs of a reliever puffer (blue puffer), one puff at a time. This is best given through a spacer. Ask the person to take four breaths from the spacer after each puff. Use the puffer on its own if no spacer is available.

Step 3 - Wait four minutes. If there is little or no improvement, repeat steps 2 & 3.

Step 4 - If there is still little or no improvement, call an ambulance immediately - 000.

Continue to repeat steps two and three while waiting for the ambulance.





# Rossmoyne OSH Newsletter

August 2019

## Healthy Eating

We pride ourselves in our delicious breakfast and afternoon tea snacks. We always have a variety of fruit and veg and encourage children to try new and delicious things. Every afternoon Lucinda and Louisa prepare 2 colourful platters so your child has lots to choose from.



We make sure when buying different food sources that we buy the light food, or the product with less salt and no sugar.

We understand that not everyone will like or enjoy our snacks, so we do allow the children to bring snacks left over from recess or lunch. We would like to remind you that we do not allow nuts, lollies or chocolate and we try to discourage any unhealthy fatty foods.

## Service Update

A huge thank you to all our families who are on top of their booking for future sessions or those who make recurring bookings. This means that we have the staff available and are always able to accommodate. Please remember that you cannot book within 24 hours of the session and that booking closes for Monday morning sessions on Friday at 6pm.

We do appreciate all the support and feedback you as parents/guardians give us but we would love more feedback, suggestions and comments. Use our journal at the sign in desk, write it down on a piece of paper or get your child to make a note and let us know. You can get more involved!

We have lots of sustainable projects at OSH so please make sure you keep an eye out for posters or ask your child what we collect and what you can donate. Help us, help others. We already have an old battery box, old plastic bottle box, plastic lids, old clothes, and lots more.

## Service Highlights

- We got involved in the RSPCA Cupcake Day. Instead of raising money we collected lots of old items for the animals in exchange for a cupcake.
- We had lots of visitors in during Careers Week. They included a jewellery maker and shop owner, a chef and a fire man. Check out some of the photos in service.
- We are going to take part in a readathon to raise awareness for MS. This will get all the children involved in reading and we might even have some prizes for those who read the most.



## Children's Comments

*"I like OSHClub because of the K-nex and lego. I also loved using the modelling clay." – Arav, Year 1.*

*"I like being able to play with other children in other year groups. We love to play dodgeball." Zek, Year 2.*



## Community Involvement

This term we focused on giving back to the community in different ways.

Check out our community links below:

- Plastic lids for Envision (Prosthetic limbs for children).
- Old batteries – Planet Ark, to reduce contamination.
- Old clothes and teddy bears – homeless.
- Aluminum can pull lids – Karman Healthcare.

Service phone number: 0478 182 380

Coordinator: Roisin Devine

Educators: Lucinda Spence and Louisa Pagnoni

Opening Times:

BSC, Monday-Friday: 7-9 am

ASC, Monday: 2:00-6 pm

ASC, Tuesday to Friday 2:30-6 pm

Reliance HR Solutions Pty Ltd ACN 154 205 160

A Junior Adventures Group of companies | ABN 63 606 520 316 | 50 Downing St, Oakleigh VIC 3166 | 03 8564 9000

Service Newsletter Version 1

Community Announcements cont.

**Become a Fabric Hero!**

Zavier (10yrs) and Bailey (8yrs) Walker want your help to save the world. They have been given \$2,000 by the City of Canning to create Fabric Bag Swap Stations near supermarket checkouts. This means people can take a free fabric bag instead of buying a plastic one. People can also pay it forward and donate fabric bags when they have one spare.

How can you help?

\* They need to raise \$3,000 more so donate at [www.startsomegood.com/fabric-heroes](http://www.startsomegood.com/fabric-heroes)

\* Enter their poster competition and use your creative talents to Save the Earth!

Details on their website

[www.fabricheroes.org](http://www.fabricheroes.org)

THANK YOU FOR YOUR SUPPORT  
ROSSMOYNE PRIMARY SCHOOL!



Rossmoyne Primary School provides these Community Announcements as a service to the community, students and families. Inclusion in our school newsletter or any other means of delivery does not imply any endorsement of these events.

Community Announcements cont.

**CITY OF GOSNELLS**

**MONDAY**

**YOUNG CHANGE MAKERS YOUTH ADVISORY GROUP**  
 The Castle Youth Centre  
 3:30pm - 5:30pm  
 Ages 12 - 22

**SKATE JAM**  
 Gosnells SP  
 2:30pm - 5:30pm

**DROP-IN**  
 The Shack Youth Centre  
 2:30pm - 5:30pm  
 Ages 10 - 18

**SKATE JAM**  
 Thornlie SP  
 3pm - 5pm

**CATCH MUSIC**  
 The Soundlab Youth Centre  
 4:30pm - 6pm  
[www.catchmusic.org.au](http://www.catchmusic.org.au)

**TUESDAY**

**DROP-IN**  
 The Shack Youth Centre  
 2:30pm - 5:30pm  
 Ages 10 - 18

**SKATE JAM**  
 Gosnells SP  
 2:30pm - 5:30pm

**SKATE JAM**  
 Maddington SP  
 3pm - 5pm

**PARK PLAY**  
 Various locations  
 Various times

**WEDNESDAY**

**PARK PLAY**  
 Various locations  
 9:30am - 11:30am  
 Ages 0 - 10

**SKATE JAM**  
 Gosnells SP  
 2:30pm - 5pm

**SKATE JAM**  
 Maddington SP  
 3pm - 5pm

**ART STUDIO**  
 The Castle Youth Centre  
 3:30pm - 5:30pm  
 Ages 10 - 18

**BUZZ BOYS MENTORING**  
 The Shack Youth Centre  
 3:30pm - 5:30pm  
 Ages 12 - 18

**SOUNDLAB MUSIC CREW**  
 The Soundlab Youth Centre  
 3:30pm - 7pm  
 Ages 12 - 28

**GOSFIELDS**  
 Richard Rushton Community Centre  
 4pm - 6pm  
 Ages 8 - 16  
 Free Park Play for children aged 0 - 8

# SCHOOL TERM THREE PROGRAMS

**THURSDAY**

**DROP-IN**  
 The Shack Youth Centre  
 2:30pm - 5:30pm  
 Ages 10 - 18

**SKATE JAM**  
 Gosnells SP  
 2:30pm - 5pm

**SKATE JAM**  
 Thornlie SP  
 3pm - 5pm

**BUZZ GIRLS MENTORING**  
 The Castle Youth Centre  
 3:30pm - 5:30pm  
 Ages 12 - 18

**LATE NIGHT LIVE**  
 The Soundlab Youth Centre  
 3:30pm - 8pm  
 Ages 10 - 18

**FRIDAY**

**PARK PLAY**  
 Various locations  
 9:30am - 11:30am  
 Ages 0 - 10

**SKATE JAM**  
 Mills Park SP  
 3pm - 5pm

**CHILLZONE**  
 The Castle Youth Centre  
 3:30pm - 5:30pm  
 Ages 10 - 18

**SATURDAY**

**SKATE JAM**  
 Mills Park SP  
 10am - 2pm

**BECOME A MEMBER**


To book into some of our great programs you need to be a member. Membership is free. Visit the hive to fill out the on-line membership form.

**HOW TO BOOK**

Book online at [www.thehive.net.au](http://www.thehive.net.au) on each program page or call 9397 3000

[thehive.net.au](http://thehive.net.au) | 9397 3000 | [/cityofgosnell.youth](https://www.facebook.com/cityofgosnell.youth)

**CITY OF GOSNELLS**



**Are you new to Western Australia?  
Would you like to meet other local families?**

Join Nature Play WA and the City of Gosnells as we celebrate the multicultural community through art, craft, sport and play.

**25 August 2019  
9:30am to 1:30pm**

Centennial Pioneer Park, Gosnells

**FREE EVENT, BOOKINGS ARE ESSENTIAL:  
[www.trybooking.com/BEEESR](http://www.trybooking.com/BEEESR)**

This project is funded by the Department of Home Affairs Fostering Integration Grants program. The grants support new initiatives by not-for-profit organisations that will help migrants better integrate into Australian life through employment and community participation.

Rossmoyne Primary School provides these Community Announcements as a service to the community, students and families. Inclusion in our school newsletter or any other means of delivery does not imply any endorsement of these events.

Community Announcements cont.

**CITY OF GOSNELLS**

# PARK PLAY

Fun for the whole family. Bring the kids and join in the fun with messy activities, big games and sport equipment. Be sure to dress for the weather, and bring a drink and snacks.

### Dates and venues for Term Three 2019

<p><b>TUESDAY AFTERNOONS</b></p> <p><b>30 July, 27 August and 24 September</b> Sutherlands Park Playground, Huntingdale <b>Time:</b> Tuesdays 3pm – 5pm</p> <p><b>6 August and 3 September</b> East Maddington Child and Parent Centre, Westfield Street, Maddington <b>Time:</b> Tuesdays 2.30pm – 4.30pm</p> <p><b>13 August and 10 September</b> Brookman Child and Parent Centre, 34 Brookman Avenue, Langford <b>Time:</b> Tuesdays 2.30pm – 4.30pm</p> <p><b>20 August and 17 September</b> Mills Park Nature Play Space, Beckenham <b>Time:</b> Tuesday 3pm – 5pm</p> <p>Supported by Child and Parent Centres – East Maddington, Gosnells and Brookman</p>	<p><b>WEDNESDAY MORNINGS</b></p> <p><b>Time:</b> Wednesdays 9.30am – 11.30am</p> <p><b>31 July, 28 August and 25 September</b> Richard Rushton Sports Hall, 24 Baron Way, Gosnells</p> <p><b>7 August and 4 September</b> Alexandria Boulevard Reserve Playground, Alexandria Boulevard, Canning Vale</p> <p><b>14 August and 11 September</b> Maddington Community Centre, 19 Alcock Street, Maddington</p> <p><b>21 August and 18 September</b> Kerwick Community Centre, 84 Kerwick Road, Kerwick</p>	<p><b>FRIDAY MORNINGS</b></p> <p><b>Time:</b> Fridays 9.30am – 11.30am</p> <p><b>26 July, 23 August and 20 September</b> Coops Avenue Facility, 39 Coops Avenue, Thornlie</p> <p><b>2 August and 30 August</b> Huntingdale Community Centre, Lot 1645 Holmes Street, Huntingdale</p> <p><b>9 August, 6 September and 27 September</b> Mills Park Nature Play Space, Brixton Street, Beckenham</p> <p><b>16 August and 13 September</b> Langford Community Centre, 52 Langford Avenue, Langford</p>
--	--	--

[www.gosnells.wa.gov.au](http://www.gosnells.wa.gov.au) | 9397 3000

**CITY OF GOSNELLS**

## Protective Behaviours

**Free workshop for parents and carers**

Presented by WA Child Safety Services, we invite you to participate in this workshop to learn valuable safety skills and strategies that can help empower children and keep them safe from abuse.

You will leave the workshop with practical activity ideas and conversation starters.

**Date:** Thursday 5 September 2019  
**Time:** 5.30pm – 8.00pm  
**Venue:** Amherst Village Meeting Room, 2 Holmes Street, Southern River

This is a free event. Bookings are essential.

For bookings please call 9397 3119 or email [youth@gosnells.wa.gov.au](mailto:youth@gosnells.wa.gov.au)

For details visit [www.gosnells.wa.gov.au](http://www.gosnells.wa.gov.au)

Rossmoyne Primary School provides these Community Announcements as a service to the community, students and families. Inclusion in our school newsletter or any other means of delivery does not imply any endorsement of these events.



**betterhealthprogram**  
healthy active happy kids

**FREE FUN PROGRAM FOR KIDS!**

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!

**PLACES ARE LIMITED REGISTER NOW FOR TERM 4 2019:**

Two Programs Running in Term 4  
Where: **BOUNCE** Inc Cannington  
Starts: October 16th and 17th, 2019  
Day: Wednesday or Thursday  
Time: 4-6pm

Call: 1300 822 953 - SMS: 0409 745 645  
Online: [betterhealthprogram.org](http://betterhealthprogram.org)

Government of Western Australia  
Department of Health

**betterhealth**  
Company

# Maritime Day

Fremantle Port / Saturday 2 November / 10am - 4pm

# 2019

Enjoy an action-packed day with friends and family!

**FREE ENTRY**



**Come down to Victoria Quay for more than 90 displays**

- Board a tug or emergency response vessel
  - Free harbour rides
  - Border Force protection dog
  - RAN clearance dive team
  - Kids! Dress up as a mermaid, pirate or fish and join our dress-up parade
  - Free face painting
  - Jesse the Pirate
  - Learn to use your smartphone as a microscope to discover tiny sea creatures
  - Visit the WA Maritime Museum (gold coin entry)
  - Historic and modern photography display
  - Musical entertainment and more!
- Celebrate the maritime industry in our working port. Learn about exciting careers and maritime education opportunities.

**More information:**  
Jane Edwards  
9430 3373  
[Jane.Edwards@fremantleports.com.au](mailto:Jane.Edwards@fremantleports.com.au)  
<https://www.facebook.com/FreoPorts/>





## VACSWIM OCTOBER 2019

Enrol your children in swimming lessons during the October school holidays.

Choose from two programs:

### 9 Days

1 – 11 October  
40 minute lessons

Prices:  
\$30 per child / \$20 concession  
\$81 for a family of three or more /  
\$54 concession  
(plus pool entry).

Enrolments close 25 August.

### 5 Days

7 – 11 October  
35 minute lessons

Prices:  
\$16 per child / \$10.50 concession  
\$41 for a family of three or more /  
\$27.50 concession  
(plus pool entry).

Enrolments close 1 September.

**Enrol now**

Visit [education.wa.edu.au/swimming](http://education.wa.edu.au/swimming) or call 9402 6412.