



Beverley District High School

Independent Public School

Fortnightly Newsletter Thursday, 9 March 2017

Our School Voice

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www.beverleydhs.wa.edu.au

News Updates and Reminders

- The **interschool swimming carnival** will be held on **Thursday 16th March**. Parents will receive information shortly if their child has been selected to participate. Please contact **Aliessa Murray** if you are able to help.
- Dress up and participate in activities for **World Harmony Day** on Tuesday 21st March. Details overleaf.

Fun, fitness and fashion at the Faction Swimming Carnival



The school would like to extend a huge thankyou to parents for their support which ensured that the carnival ran smoothly and was enjoyed by everyone. Congratulations to age champions Zeke and Shennal (9 years), Oliver and Fillipa (10 years), Fred and Ella (11 years), Seth and Zoe (11+ years), Kane and Lexi (12+years). Congratulations also to runners-up: Patrick, Reaghan and Ruby; Caleb and Leah; Thomas and Grace; Cameron and Sophie W; Ryan and Jessi. Overall Champions: Kane Blackley, Oliver Aynsley and Ella Cooke. Dale won the shield!



Grow a Reader Program



Beverley District High School
Grow a Reader

We need your help! We'd like to make sure all of our students get plenty of practice with their beginning reading skills. To help students who might benefit from a little extra help, we will be running **Grow a Reader** from 8.20am until 9.00am each morning.

If you can listen to students read for one or more mornings per week on a regular basis, we would love to hear from you! Grandparents and community members are welcome – training and cups of tea provided!

Thanks to these people who have already volunteered: Kristy Parker, Linda Lewis, Lisa Blanch, Glenys Petchell.

P&C News

Special thanks to these canteen volunteers in the last or upcoming fortnight: Claire Moulton, Erin Nicol, Lisa Blanch, Theresa Ochtman, Tim Cooke.

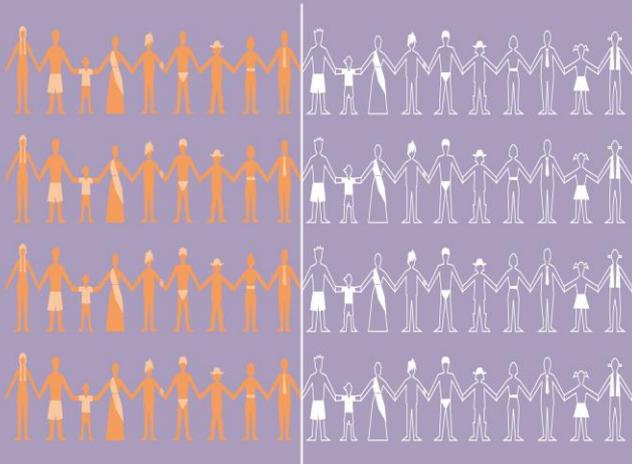
Every school day matters

A reminder that good progress at school relies on **great** attendance. Our school runs structured and sequential learning programs in literacy, numeracy and other learning areas. Students can't just miss days or weeks without missing essential content, and having to re-visit material slows everyone down. Unless unwell, students need to attend school **every day**. Please ensure that holidays and appointments are scheduled outside of term times.

Community Notices

- Please support the **sausage sizzle** to be held on election day (Saturday 11th March) at the Town Hall to support fundraising for the Year 6 camp.
- Beverley **Triathlon** - 18th March. Junior and open events. Visit <http://www.beverley.crc.net.au/> for more information or to register.

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 7	13 March	14	15	16 Interschool Swimming York	17
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Almost half of Australians were either born overseas or have a parent who was

World Harmony Day

Tuesday 21st March

Your student leadership team would like everyone to celebrate by wearing something that represents their family's country or culture.

We will be holding Minute to Win It games, attempt to form the word HARMONY with bodies on the JP oval, award faction points to everyone who dresses up and there might even be a few surprises!

Bring along a gold coin donation for Radio Lollipop—a very important service for children in hospitals.

Health Chatter

School absenteeism causes lots of problems: kids miss out on learning, parents miss work, and sometimes schools lose critical funding. Absences are most commonly caused by illness and typically peak during flu season. It's well known that hand-washing decreases the spread of many common **infections including colds and flu viruses**. Running your hands under the water for a few seconds, however, isn't enough.

When should you wash your hands?

- Before, during, and after preparing food, and before eating food
- Before and after caring for someone who is sick
- Before and after treating a cut or wound
- After using the toilet, changing nappies or cleaning up a child who has used the toilet
- **After blowing your nose, coughing, or sneezing**
- After touching an animal or animal waste, pet food or pet treats, or rubbish



What is the right way to wash your hands?

- **Wet your hands** with clean, running water (warm or cold) and apply soap.
- **Rub your hands** together to make a lather and scrub them well; be sure to scrub the backs of your hands, between your fingers and under your nails
- **Continue rubbing** your hands for at least 20 seconds. Need a timer? Hum the "Happy Birthday" song from beginning to end twice
- **Rinse your hands** well under running water.
- **Dry your hands** using a clean towel or air dry them



What if I don't have soap and clean, running water?

Washing hands with soap and water is the best way to reduce the number of germs on them. If soap and water are not available, use an alcohol-based hand sanitizer that contains at least 60% alcohol. Alcohol-based hand sanitizers can quickly reduce the number of germs on hands in some situations, but sanitizers do **not** eliminate all types of germs. **Hand sanitizers are not as effective when hands are visibly dirty.**

How do you use hand sanitizers?

- Apply the product to the palm of one hand.
- Rub your hands together.
- Rub the product over all surfaces of your hands and fingers until your hands are dry



PREVENT FLU AND OTHER INFECTIONS by using hand hygiene and coughing and sneezing into a tissue. If you are sick, stay away from other people.

Community Health Nurse