Dear Parents and Community members,

**Contributions and Changes**

Financial support provided by parents has always played an enabling role in the provision of resources that extend the school’s capacity to add value to the students’ learning experience. For example, parent contributions allow schools to provide class sets of textbooks instead of students having to provide their own. To that end the parent contribution parents make allows the school to provide the best quality educational resources which in turn directly impacts the educational outcomes of the students.

Statements for outstanding contributions and charges were posted home this week. Whilst the contribution portion of the statement is voluntary it is a requirement by treasury of the school that we show due diligence in reminding parents that these contributions play a vital role in the resourcing of educational programs for the students and therefore the educational outcomes of your children.

The items that are deemed charges are an invoice and need to be paid as soon as possible. Should you require time to pay for these items a payment plan can be entered into by contacting the school during school hours. We accept payment over the counter with cash, cheque or EFTPOS alternatively you can direct deposit into the school bank account with the following details:

<table>
<thead>
<tr>
<th>BSB</th>
<th>016267</th>
</tr>
</thead>
<tbody>
<tr>
<td>ACC</td>
<td>340869431</td>
</tr>
<tr>
<td>REF</td>
<td>Student surname/room number</td>
</tr>
</tbody>
</table>

To donate via direct debit to the Mount Pleasant Primary School Building Fund the details are:

<table>
<thead>
<tr>
<th>BSB</th>
<th>016267</th>
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</thead>
<tbody>
<tr>
<td>ACC</td>
<td>215651097</td>
</tr>
<tr>
<td>REF</td>
<td>Student surname or company name/room number</td>
</tr>
</tbody>
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**Kindergarten, Pre-Primary and Year 7 2017 Enrolments**

**Friday 22 July is an important date in your child’s education**

Families need to apply to enrol their children in a public school for 2017 if they are:

- starting Pre-primary (first year of compulsory school) – 5 years old by 30 June 2017
- starting Year 7 (first year of secondary school)
- changing schools.

Families can also apply to enrol children in Kindergarten for 2017 if they are 4 years old by 30 June 2017.

All children from Pre-primary to Year 12 are guaranteed a place at their local public school.

To apply to enrol your child, visit your local school by Friday 22 July.

For more information or to find your local school visit education.wa.edu.au.

**Host Families Needed**

Recently students in Years 4, 5 and 6 received information on Host Families as part of a Japanese Exchange program from October 16 to November 2, 2016. This is a wonderful program and parents who have been involved in the past have provided very positive feedback. I encourage you to become part of this program.

**School Development Days**

Please be aware that Monday July 18 and Tuesday July 19 are School Development Days and hence pupil free. This is because the Minister Peter Collier has approved an extra day specifically for Curriculum development.
MOUNT PLEASANT PRIMARY SCHOOL NEWSLETTER

MPPS CROSS COUNTRY

Our Mount Pleasant Cross Country Event will be held **Friday 29 July at 11:15am for Years 3 and 4, and at 1:30 for Years 5 and 6 students.** This is the first year that Year 3 students will be involved but there are no Interschool events for Year 3 students.

Teachers have been providing resilience/fitness training during daily fitness this last week. We would encourage serious competitors to maintain a fitness regime over the holidays.

Please contact Paula Hooper on 9316 1045 if you are interested and able to assist on the day (water stations, giving directions, etc).

Parents are welcome to come along to cheer our runners over the finish line.

The **Interschool Cross Country competition** will be held at Brentwood Primary School on **Tuesday August 2, 2016.** More information will be sent out closer to the day.

Please Note:
Up Coming in Term 3, is our **Athletic Carnival.** Jumps and throws will be held on Thursday September 15 and track and tabloids on Friday September 16.

CHAPLAIN NEWS

Throughout this term I have been running the program ‘In Real Life’.

It is written for middle to upper primary aged girls and covers some of the following topics:

- being a great friend
- dealing with gossip
- conflict resolution
- managing our emotions and looking after ourselves
- building confidence, and using our strengths to contribute to our families, friends and community.

It has been a lot of fun spending time with the girls, and hopefully it will be of great benefit to them in their daily lives.
HELPFULNESS
Helpfulness is doing something useful for someone else or ourselves. It is making life easier for someone by helping them with things that they don’t have time to do or can’t do for themselves.

We can be helpful to ourselves by making sure that our bodies work effectively. We need to eat wholesome foods, exercise and receive enough rest to function at our peak.

P&C

LAPATHON

The final tally for Lap-a-thon this year is just over $8,595 for our school. Thank you for your kind donations.

These funds will help contribute towards the laptops that the school will purchase next term for our children.

For those who have been meaning to put in your donation, you still can. Place the money directly in our P&C account (reference your child’s name) or alternatively place the money into the front office P&C box with your child’s name and class number. The donation form is not required if you have misplaced it.

Mt Pleasant P&C Westpac account:

BSB: 036-031
Account Number: 154445

ROAD WISE

School Holidays
School holidays are a time to relax and enjoy the break from school, however they are also a time when many children are injured on our roads. As parents we have a responsibility to ensure our children are properly supervised when on or near roads, car parks and driveways, as this is where many injuries and fatalities occur. Please keep watch over children during this time, as we want to see you and your family back after the break.
COMMUNITY NOTICES

TOUGH STUFF

Tough Stuff is an 8-week resilience building program by zero2hero designed for participants aged 9-12 years.

Participants will complete both physical training and mental coaching in self-esteem, resilience, and confidence. The Tough Stuff team will support students in building the mental skills needed to complete the ultimate challenge – a 4.3 kilometre run.

Students will find the course both challenging and rewarding, increase self-esteem, and a taste of the skills to use in the future.

Program Pillars
- Self-awareness
- Self-skills
- Tough Minds
- Tough Skills
- Tough Talk
- Community Connection

Program Highlights
- Resilience Training & Coaching
- Mindset & Thought Workshops
- Laughter Yoga
- Stress Management Techniques

How it works:
The program runs over five weeks of the school term. Each week, participants will complete two running sessions (3000m each week) plus one additional session (30 minutes).

The program includes:
- Educational sessions: Seminars, workshops, and hands-on activities.
- Two running training sessions per week, complementing in a distance
- Interactive web and between community and school members
- A referral program including how to access help for ongoing support & resources needed.

The Program Topics
- Week 1: Let’s Get Tough – Set the program itinerary and warm-up
- Week 2: Looking in ward going without: Tips for participants to improve
- Week 3: Tough Bodies: Participants find themselves: Who am I? What can I expect of ones own personality?
- Week 4: Tough Work – The participants reflect on a healthy meal looks
- Week 5: Tough Talk – Learning to express yourself using sign language
- Week 6: Community: Tough Stuff Participants learn about their important role in the community and become role models
- Week 7: Tough All-Round – Participants prepare for the ‘Tough Day’, set goals and create a vision board
- Week 8: Program Wrap-Up: The participants celebrate, reflect and store learning experiences.

Program Dates

<table>
<thead>
<tr>
<th>Week</th>
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<tbody>
<tr>
<td>1</td>
<td>26th July</td>
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<tr>
<td>2</td>
<td>6th August</td>
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<td>3</td>
<td>16th August</td>
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<td>4</td>
<td>30th August</td>
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<td>5</td>
<td>13th September</td>
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<td>6</td>
<td>27th September</td>
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<td>7</td>
<td>7th September</td>
</tr>
<tr>
<td>8</td>
<td>12th September</td>
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Sign Up Now!
To enroll in the program visit: zero2hero.com.au or to register your school contact Hayden on: 0404 008 630

Full Program Cost $120

FREE, FUN KIDS PROGRAM

Join your next FREE local program at Cockburn Youth Centre!

DO YOU HAVE KIDS 7-13 YEARS OLD? ARE YOU WORRIED ABOUT THEIR WEIGHT?
The Better Health Program is a fun, interactive 10-week healthy lifestyle program for families.

PLACES ARE LIMITED! FIND OUT MORE OR REGISTER NOW:

Starts: 18th July 2016
Days: Mondays & Wednesdays
Time: 4.00pm – 6.00pm

Call us: 1300 822 953
Text us: 0409 745 645
Online: www.betterhealthprogram.org

We’re on the web!