



Beverley District High School

Independent Public School

Fortnightly Newsletter Thursday, 24th May 2018

Our School Voice

Office Phone: 9646 1165

www.beverleydhs.wa.edu.au

News Updates and Reminders

- P&C Cake Stall, Saturday 26th May 2018. All donations are greatly appreciated.
- Interschool Cross Country at York, Friday 1st June 2018, 10am start.
- WA Day Holiday, Monday 4th June 2018.
- Next P&C meeting, Tuesday 5th June, 2018 at 6-30pm.

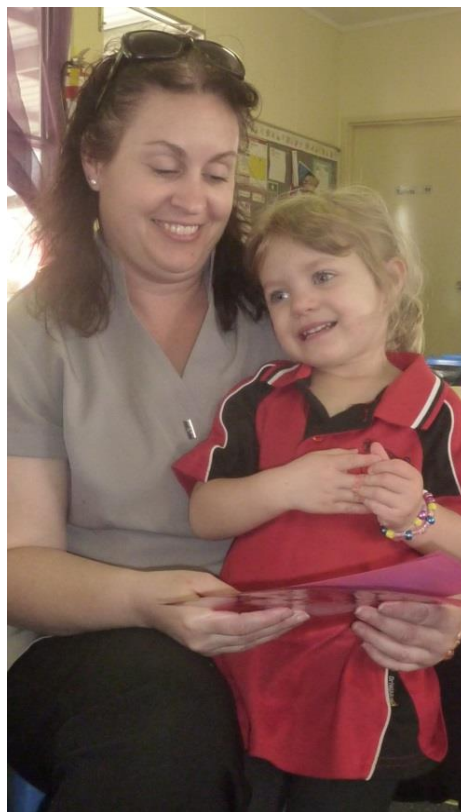
Check Connect Notices

- WAAPA - ECU
Explore Short Courses
2018/2019

Kindergarten Mother's Day Afternoon

On Thursday 10th May, the kindy opened its door for their Mother's Day afternoon tea. There was painting, playdough, puzzles and more.

The children baked and decorated special cupcakes to share and performed some kindy songs. The children enjoyed performing for their mums and hope they liked their special gifts.



	Monday	Tuesday	Wednesday	Thursday	Friday
Term 2					
Week 5	28 th May Engaging Adolescents Seminar 4-6pm	29 th	30 th	31 st	June 1 st Interschool Cross Country @ York Canteen open
Week 6	4 th WA Day Holiday	5 th P&C Meeting 6-30pm	6 th	7 th Newsletter	8 th Canteen open

20 John Street, Beverley WA 6304

T: 9646 1165

E: beverley.dhs@education.wa.edu.au

W: www.beverleydhs.wa.edu.au

Faction Cross Country

Award Recipients 2018

	GOLD	SILVER
5 Years Girls	Amelia	Katerina
6 Years Boys	Billy	Sebastian
6 Years Girls	Pippa	Ashlyn
7 Years Boys	Burke	Riley
7 Years Girls	Ellienore	Abigail
8 Years Boys	Nixan	Ayden
8 Years Girls	Indiana	Alice
9 Years Boys	Wyatt	Riley
9 Years Girls	Courtney	Tempestt
10 Years Boys	Zeke	Blair
10 Years Girls	Sapphire	Jade
11 Years Boys	Oliver	
11 Years Girls	Lisa	Fillipa
11+ Years Boys	Nathan	William
11+ Years Girls	Lily	Brooke
Secondary Boys	Thomas	Josh
Secondary Girls	Alexandra	Georgiana

Well done to all our students who competed in the Faction Cross Country Carnival and congratulations to the respective age group winners and to

**EYRE for winning the overall
Faction Cross Country Shield!!!!**

Overall Faction Results

Eyre 456 Points

Forrest 391 Points

Dale 355 Points

A huge thank you to those parents who were able to volunteer on the day, your time and commitment ensure these carnivals run successfully for our students.

Our School Choir performed for the community members and parents who gathered for the ABMT. Congratulations to Sandy and Gay for running another very successful morning tea and an amount of \$1,363.00 was raised for the Cancer Council.



BDHS P&C Cake Stall - Saturday 26th May

The P&C are selling baked goods, plants and raffle tickets for a trailer load of wood and a \$50 note!!!!!! We are raising funds toward a high school play area at the school.

Donations most appreciated!

(drop off Saturday at the Lions Stall (outside IGA) from 8.30am)

Available helpers please contact:

Carissa Shaw on 0428813822 or carissapoultney@hotmail.com



The Beverley DHS P&C has partnered with 'Entertainment' to sell **2018/19 'Entertainment Books'**. These books provide great discounts (2 for 1 offers and 50% off) on cafes, restaurants, attractions, entertainment, hotels, travel and shopping in Perth and the South-West. Information flyers will be sent home to families for their perusal, however if you are interested please go to the link below to purchase your Book or Digital Membership.

<https://www.entertainmentbook.com.au/orderbooks/95u2150>



Next P&C Meeting: The next meeting is scheduled for Tuesday 5th June 2018, at 6-30pm at the school. We would like to encourage all parents and community members to attend, everyone is welcome.

Canteen Special: Students can now order Fried Rice for lunch (until stock runs out) on a Friday. Cost \$4-50



Pre-Primary Mother's Day Afternoon

The Pre Primary mums enjoyed a special Mother's Day afternoon where they were treated to a hand massage and nail painting, beaded bracelet making, glitter playdough playing and an exciting dress-up photo booth! The students recited a very special poem to their mums and then everyone joined in for the Hokey Pokey.





Help your child be a non-smoker

Reinforce the non-smoking messages. Make your house and car smoke-free zones. Don't allow them to light cigarettes for yourself or others. If there are smokers in the house, keep cigarettes where children cannot access them. Discuss the issue of smoking with your child when you see others smoke.

Educate your children about the dangers of smoking. Explain the long-term risks but emphasise the immediate risks to their health and wellbeing (for example, terrible smell, bad breath, stained teeth and fingers and less money in their pocket). Explaining the long-term risks may not have much of an impact, as young people can find it difficult to imagine 20 or 30 years into the future.

Set a good example by being a non-smoker. If you have found quitting difficult and are still a smoker, tell your child how you feel about it. Also, know that there is free local support available to help you quit.



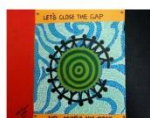
Quit Smoking Options in the Wheatbelt

Wheatbelt Quit Smoking Program

Free local support and tailored advice on quitting methods, medications and strategies to manage withdrawals. Call Wheatbelt Public Health Unit on 9622 4320.



No More Nyumree Program



'No More Smokes' is a culturally appropriate program that provides support and free nicotine replacement therapy. Call Wheatbelt Aboriginal Health Service on 9690 2888.

Wheatbelt Community Alcohol and Drug Service

Free counselling programs to help people who are affected directly or indirectly by alcohol, drugs or related issues. Call Holyoake on 1800 447 172.



Quitline Telephone Counselling and Support



Speak to trained advisor as many times as you need, or use the call back service to receive advice to help quit smoking. Call Quitline on 13 78 48.

Quick Tip

Children who live in a household where adults smoke, are exposed to greater health risks. They may get sick more often, therefore need to go to the doctor or hospital more often. They are twice as likely to take up smoking in adolescence.

Make a commitment that your home and car will be free of smoke at all times. Insist that no-one smokes around your child. Every child has the right to grow up in a smoke-free environment.

To find out more visit

http://raisingchildren.net.au/articles/passive_smoking.html

Developed by the Wheatbelt Tobacco Control Network 2018.



LIKE US ON FACEBOOK
facebook.com/MyHealthyWheatbelt

For more information on smoking, go to facebook.com/MyHealthyWheatbelt, www.quit.org.au or <https://www.betterhealth.vic.gov.au>.