



# Newsletter

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## Dates to Remember

### April

13 Fri Last day of Term 1  
30 Mon First day of Term 2  
30 Mon ANZAC Day Service –  
School grounds 11.10am

### May

11 Fri P & C Mothers' Day Stall  
15 Tue NAPLAN Year 3,5,7,9  
16 Wed NAPLAN Year 3,5,7,9  
17 Thu NAPLAN Year 3,5,7,9

### June

1 Fri School Development  
Day – No students at  
school.  
4 Mon Public Holiday – WA Day

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## **FROM THE PRINCIPAL**

### **HAPPY HOLIDAYS**

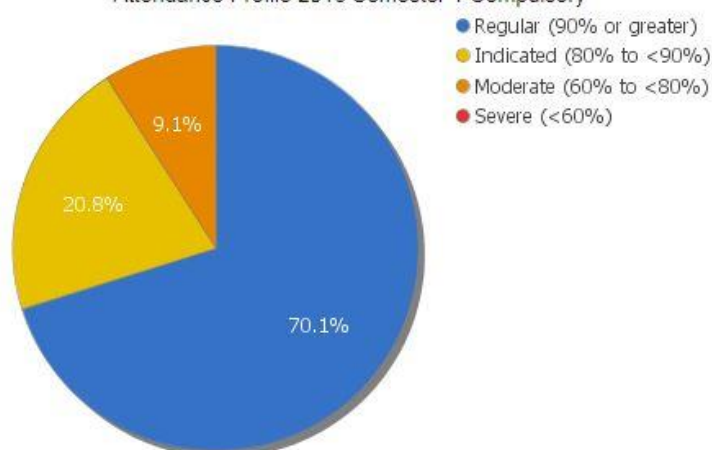
I hope everyone had an enjoyable Easter break, filled with family, friends, food... and lots of chocolate! It is hard to believe we are nearly at the end of Term 1, with school finishing on Friday 13 April. I am particularly proud of the excellent behaviour shown by our students this term, walking into classrooms I can see lots of students focussed on their work, helping each other and following our STARS behaviour expectations. I look forward to this continuing when we return for Term 2 on **Monday 30 April**.

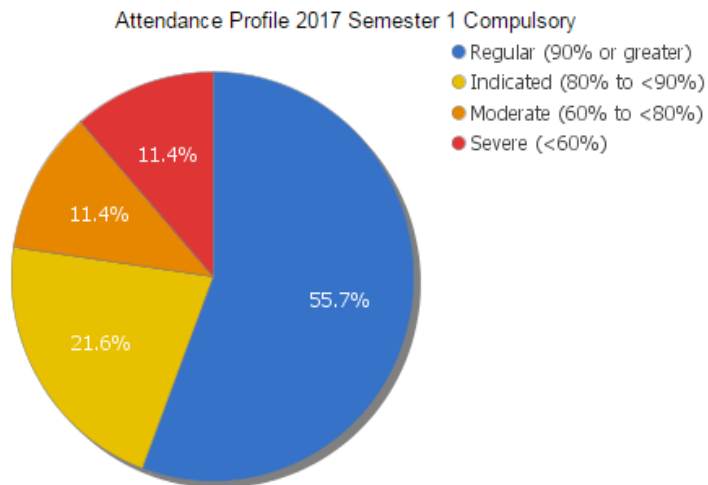
### **ATTENDANCE**

It is so pleasing to see the improvements in regular attendance this semester and our thanks go to our staff, parents and students in working together to achieve these results. I have attached below the graph of our attendance data to date and the graph for Semester 1 last year, which clearly shows our positive start this term.

Our next area to target is the number of students (20.8%) we still have in the indicated risk category. This bracket means children are missing 1 day a week, which might not seem like a big deal, but when you realise that equates to 2 months of the year missed, it really does have an impact on their academic achievement.

Attendance Profile 2018 Semester 1 Compulsory





## ANZAC DAY

Our annual ANZAC Day service will be conducted on Monday 30 April at 11.10am, conducted by our student councillors. Parents and community members are encouraged to attend. We also encourage our students to attend the town ANZAC service at the memorial on ANZAC Day. Our student councillors will be presenting a wreath on behalf of our school.



Regards,

*Sally Panizza*

## DRUG EDUCATION

### Week 1: Introduction to Caffeine and energy drinks

(Reference: <https://www.sdera.wa.edu.au/parents/primary-years/>)

Caffeine is a stimulant drug that comes from a range of plants such as tea, coffee, cacao pod (used to make cocoa and chocolate) and guarana (used in energy bars and energy drinks).

### Is there a safe limit for caffeine?

(Reference: <http://www.foodstandards.gov.au/consumer/generalissues/Pages/Caffeine.aspx>)

There is currently no recognised health-based guidance value, such as an Acceptable Daily Intake, for caffeine. However, a FSANZ Expert Working Group analysed the available literature in 2000 and concluded that there was evidence of increased anxiety levels in children at doses of about 3 mg of caffeine per kilogram of bodyweight per day. The anxiety level for children aged 5-12 equates to a caffeine dose of 95 mg per day (approximately two cans of cola) and about 210 mg per day (approximately three cups of instant coffee) for adults.



## Aussie of the Month

SHANAE BRUNALLI

Support – Shanae has shown considerable support to her peers (across all age groups) and goes to great lengths to ensure all students feel included.

CONGRATULATIONS SHANAE!

## ***FROM THE DEPUTY PRINCIPAL***

I hope that you all had a lovely long weekend with your family and friends.

As we all know, there is the occasional illness that floats around or a specialist appointment that is unable to be re-scheduled to a weekend; however, I would like to take this opportunity to congratulate the following students who have managed to attend school 100% of the required time during Term 1!

**Hunter Carlson**  
**Isaac Dobson**  
**Harlem Hepi**  
**Marcus Hodson**  
**Jayke Krauss**  
**Thomas Martin**  
**Jax Noone**  
**Jordyn Noone**  
**Phoenix Shipard**  
**Gurchirag Singh**

Whilst the majority of our students attend school regularly, it is wonderful to see these students attending without fail. What a terrific effort!

As Term 1 rapidly draws to a close, I would like to take the opportunity to thank all of the staff, parents and students of Southern Cross DHS for their commitment to our positive school ethos. As a relative 'newbie' to the school I would like to thank everyone who has made the transition a positive and enjoyable one.

Regards,

*Michael Everett*

### *You Can Do It!*

#### **Everybody Can Be Successful and Happy**

Focus: Helping students to

- Identify examples of their own success
- Accomplish something they set out to do
- Recognise the pleasure and benefit of success
- Understand that success counts in all areas of their life, not just in the areas of literacy and numeracy.



*Winners this week are: Imogen Anthony Pre-primary and Tyson Bult Year 7*

## CONGRATULATIONS

to our honour certificate recipients

Kindy/Pre-primary

Courtney Pucar

Hunter Carlson

using all the sounds she hears in words to make sentences in writing.

trying to do his very best work when learning about and colouring his sounds.

Year 1/2

Caoimhe McInerney

Alaska Shipard

a fantastic use of adjectives in her description of the Rainbow Fish character.

taking great pride in all of her artwork and always working hard to create a beautiful final piece.

Sienna Loader

her amazing efforts in completing tasks in HASS to a high standard.

Year 3/4

Brooke Loader

Crystal White

Crystal White

Max Della Bosca

applying herself to produce work of a high standard.

her effort and achievement in Maths.

her wonderful involvement during class discussions in Science.

his great effort during all writing activities.

Year 5/6

Kelcie McInerney

Kira Della Bosca

Shellbee Laws

Molly Marinkovich

researching some fantastic information about Australian Federation.

doing a fantastic job on researching the 'Three Levels of Government'.

consistently producing work in all subject areas to a high standard.

using her class time efficiently to complete the flag of the country she chose in T & E.

Year 7/8

Tyson Bult

April Martin

Aribela Evans

his wonderful efforts in completing an informative poster in Science.

always being the first ready and organised for lessons.

her focus in maths and her willingness to work on solving problems.

Year 9/10

Tara Hodson

Shanae Brunalli

Ty Borland

Taine Kings

achieving 88% in a recent maths test.

applying herself to her class work in Mathematics.

his fantastic efforts in completing his science assessment.

his commitment and willingness to learn.





# SOUTHERN CROSS DISTRICT HIGH SCHOOL NOTICE BOARD



## **OUR SCHOOL WEBSITE IS MOBILE AND TABLET FRIENDLY!**

Please take the time to visit our school website  
at  
*southerncrossdhs.wa.edu.au*

We are still working on our website and your  
feedback on any content you would like to see  
would be valued.

## **Happy Birthday**

Jayden Furnell	5 Apr
Gemma Loader	8 Apr
Lara Brunalli	14 Apr
Kacey Kings	27 Apr
Kelcie McInerney	28 Apr



## **P&C Uniform Shop**

**The Uniform Shop is run by the P&C.  
The volunteer coordinator is Shona  
Glassford.**

**Parents and carers are asked to contact Shona on her  
mobile or via the P&C Facebook page!**

*Orders can then be bundled for you to pick up  
from the office.*

*Correct payment is required for all uniforms.*

*Alternatively Shona is available Tuesday morning's  
from 8.50am – 9.15am to help you with your purchases.*

**Shona: 0412 458 646**

*P&C have their own e mail address, please contact  
[sxdhspandc@gmail.com](mailto:sxdhspandc@gmail.com)*

The winners of the P & C Easter raffle were

1 <sup>st</sup>	Kylie Gee
2 <sup>nd</sup>	Jahme Ash
3 <sup>rd</sup>	Pearce Family
4 <sup>th</sup>	Kerry Holdem
5 <sup>th</sup>	Stephanie Smylie
6 <sup>th</sup>	Evelyn
7 <sup>th</sup>	Chrisp Family
8 <sup>th</sup>	Gemma Loader

Thank you to our families and community  
members for supporting our raffle.

# SECONDARY ASSISTANCE SCHEME

YEARS 7 TO 12  
YOU MAY BE ELIGIBLE FOR UP TO:

## **\$350**

*towards school expenses*

DO YOU HOLD A:    ● CENTRELINK HEALTH CARE CARD  
                                 (OR) ● CENTRELINK PENSIONER CONCESSION CARD  
                                 (OR) ● VETERANS' AFFAIRS PENSIONER CONCESSION CARD

Applications Close  
**Friday 13 April 2018**

**ASK SCHOOL RECEPTION FOR MORE INFORMATION**