



Newsletter

Issue 13

Term 3

Week 8

DIARY DATES

**TERM 3
WEEK 9**

**Mon 14/9-Fri 18/9
Parent/Teacher
Interviews**

**Tues 15/9
Special Lunch**

**Fri 18/9
SAPSASA
Soccer/Netball**

WEEK 10

**Tues 22/9
Disco**

**Wed 23/9
Festival Sing 2020**

**Fri 25/9
Physical Fun Day**

**Last Day of School
Early Dismissal 2:05pm**

**TERM 4
WEEK 1**

**Mon 12/10
First Day of School**

COMMUNITY HUB

**Tuesdays 9:30-11:30am
English Conversational
Class**

**Thursdays 9:30-11am
Playgroup in the Park at
Heyford Reserve**

A Message from Mr Perri

'THERE'S MORE TO SAY AFTER R U OK?'

Yesterday was R U OK?Day, a day which promotes mental health awareness and advocates for us to have conversations with others who might be having a tough time, and help them to find support.

Even though R U OK?Day has passed, we can still keep the conversation going. If you have a feeling that someone you know or care about isn't behaving as they normally would. Perhaps they seem out of sorts? More agitated or withdrawn? Or they're just not themselves. Trust that gut instinct and act on it.

By starting a conversation and commenting on the changes you've noticed, you could help that family member, friend or workmate open up. If they say they are not ok, you can follow the conversation steps below to show them they're supported and help them find strategies to better manage. If they are ok, that person will know you're someone who cares enough to ask (ruok.org.au).

If you're unsure how to start the conversation, here are some simple steps:



1. Ask



2. Listen



**3. Encourage
action**



4. Check in

For more information, head to:

<https://www.ruok.org.au/>

Have a great weekend, and look after yourself and others.

Joseph Perri
Acting Principal

KARRENDI DISCO



It's that time of year again! The Karrendi Disco is back for 2020 on **Tuesday 22nd September**. The R-3 disco will take place from 5:00 – 6:00pm, then our 3-7 disco kicks off from 6:15pm and finishes at 7:45pm. Both discos will take place in the school activity room. Please note that we will not have the Blackie Ave gate open. You are welcome to park in the staff car-park and the adjoining parent car-park. **Students are able to leave the disco only if an adult is present to take them home.** Furthermore, please let us know in advance if you have made arrangements for another parent/adult to collect your child.

Due to COVID restrictions we are asking that parents and carers drop their children off for the disco and then return to pick them up at the finish time of their disco. Because of social distancing guidelines parents/carers are asked not to stay during the disco.

TICKETS AVAILABLE NOW

In the morning outside the front office every day until Tuesday 22nd September, \$2 EACH

SCHOOL FEES

Thank you to the large number of families who have filled out their School Card Form. Remember if your circumstances have changed, you may now be eligible to receive assistance.

However, time is running out. So if you have any questions or if we can be of any assistance please come to the front office.

Thank you,

Lyn Beattie