From the Principal

We had a lovely athletics carnival last week. Thanks to everyone involved. Special mention to Peta van Heemst and her team for a great cake stall. They raised almost $2000 for year 6/7 graduation. The inter-schools will be 28 and 30 October.

Congratulations to the following medal winning students:

<table>
<thead>
<tr>
<th>Year</th>
<th>Gold</th>
<th>Silver</th>
<th>Bronze</th>
</tr>
</thead>
<tbody>
<tr>
<td>4</td>
<td>Isabel Duncanson</td>
<td>Jade Edmonds</td>
<td>Asha-Rose Hall</td>
</tr>
<tr>
<td>4</td>
<td>Joseph Fonti</td>
<td>Ned Phillips</td>
<td>Lachlan Parry</td>
</tr>
<tr>
<td>5</td>
<td>Kate Taylor</td>
<td>Manon Rodet</td>
<td>Alison Capper</td>
</tr>
<tr>
<td>5</td>
<td>Harper Gadsby</td>
<td>Noah Van Ooran</td>
<td>Bronson Cirulis</td>
</tr>
<tr>
<td>6</td>
<td>Sophie Eastaugh</td>
<td>Tess Ryan</td>
<td>Samantha Taylor</td>
</tr>
<tr>
<td>6</td>
<td>Matthew Byron</td>
<td>Oliver Edmonds</td>
<td>Sam Nicholas</td>
</tr>
<tr>
<td>7</td>
<td>Natasha Hayne</td>
<td>Rory Milbourne Lily Van Ooran</td>
<td></td>
</tr>
<tr>
<td>7</td>
<td>Samuel Palmer</td>
<td>Thomas Dempsey</td>
<td>Ben Scopinich</td>
</tr>
</tbody>
</table>

Most Improved Athlete: Maeve Grant

One last reminder that the first two days of next term are student free and students return on Wednesday, 15 October.

Many thanks for another great term at Richmond – happy school holidays!

Lisa Dentith
Swimming Lessons
In-term swimming will be weeks 3-4 next term for years 1-7 at Fremantle pool. A letter will come home on the first day back at school next term with a permission slip and request for payment of $50.

Our interschool athletics team will miss 1-2 days of swimming.

School Banking
Banking is every Friday in the undercover area from 8.15am.
Please contact Liann on 0433929173
Or Sandra on 0400332442.

COMMUNITY NOTICEBOARD
Not-for-profit ads are provided as a community service and are free. The School Council has decided to accept paid advertising from businesses at $30 per ad. This revenue will be spent on school resources. Businesses wishing to advertise should email a business card sized advert to the school. Services and programs on this page are not necessarily endorsed by the school.

Palmyra Dental Therapy Centre
Closed Wednesday 24th September
Re-opening Monday 13th October
In case of emergency see:
Success Dental Therapy Centre Tel: 94991938
South Lake Dental Therapy 94173242
And from Tuesday 30th September until Friday 10th October - Caralee Dental Therapy Centre
Tel: 9337 6818
After hours emergencies please call 9325 3452

East Fremantle Yacht Club is extending an invitation to Fremantle Residents...

Children and healthy weight
Our modern society makes it very easy for children to gain too much weight too quickly. About a quarter of Western Australian children are overweight by the time they start school. Recent research shows that children in WA among the most overweight in Australia. It is so common that it is difficult to tell what is ‘normal’ anymore.

The good news is that simple lifestyle changes for children and families help everyone. Think about changes that could work for your family, such as;
- more active play (try stopping at a park on the way home from school)
- walking to school two or three times each week
- plan active outings on the weekend
- make food portions a little smaller
- cut out some food treats
- provide fewer soft drinks and fruit juices.

It is important to avoid discussing weight with children. Weight loss is not recommended for children, unless under medical supervision. Healthy habits help children to ‘grow into their weight’.

VACSWIM
Enrolments for Vac Swim’s summer program are now open. Postcards are available from the school office.

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Subscribe to Newsletter:
New families please note this newsletter is only distributed by email. To register for the distribution list please email us on Richmond.PS@education.wa.edu.au

After School Care: