

NEWSLETTER

8 JUNE 2022 TERM 2, WEEK 6 ISSUE 16

ST MARY'S MEMORIAL SCHOOL

FROM THE PRINCIPAL

Dear Members of our St Mary's Memorial School Community,

We live in an age of technology, where children are immersed in devices for both learning and recreational activities. This can often seem challenging for parents, wondering how to choose the right apps and keep their child safe online.

More than ever students need to understand the importance of wellbeing and be given the tools to stay safe while using technology.

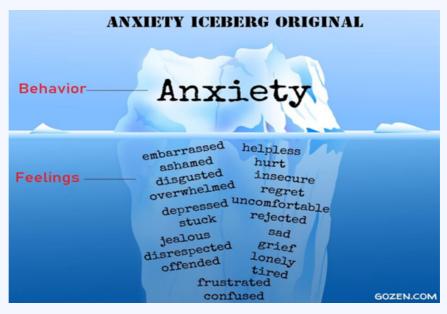
The eSafety Commission is providing free webinars for parents. It will cover —

- How to set up devices and apps to help keep young people safe online;
- Practical tips, demonstrations and advice designed for parents and carers of children aged 4 to 13 years old;
- The benefits and limitations of parental controls;
- How to safely set up iOS and Android devices;
- How to safely set up popular games and apps, like YouTube and Roblox;
- Family tech agreements and other parenting strategies to manage online risks;
- How eSafety can help you when things go wrong.

I strongly encourage all families to make this a priority if your children are using devices at home and/or especially if you have permitted them to register for any social media site; please use this link to register. https://register.gotowebinar.com/rt/4934585514215344653

ANXIETY IN CHILDREN THAT SHOWS UP AS SOMETHING ELSE

Icebergs are deceiving because what you see on the surface is usually only a small fraction of what lies below! Observing the behaviour of an anxious child is sometimes like looking at the tip of an iceberg ...underlying the anxious behaviour are layers of emotions and experiences.



While the image above can be eye-opening, there's a huge assumption that we can actually recognize the tip of the iceberg or look at a child's behaviour and say, "Yep, that's anxiety." However, the reality is, anxious behaviour in children is not easily identifiable ...in fact, it can one of the most challenging aspects of parenting!

A child might ask repetitive questions for reassurance and no matter how many times we answer, the question repeats. We might have the perfect child at school who then comes home and constantly picks fights with us or their siblings. We may have a child that can't focus, be motivated, or even loses sleep at night. Or maybe the child is downright angry. Anxiety, in fact, can manifest in a multitude of forms.

The symptoms of anxiety that most of us think of are clinging to parents, avoiding things or being very shy. However, problem behaviour is most likely the symptom of anxiety. That's because some anxious children feel an overwhelming need to get out of the situation that's making them uncomfortable. That is when the behaviour may look like anger or defiance.

Signs that a child who is acting out might be anxious include lashing out, throwing tantrums, seeming distracted, moving around a lot (like leaving their seat or even running out of the room) and arguing with others.

We may mistakenly think that children who are acting out are being difficult on purpose; we don't feel respected and may be frustrated or exhausted.

We need to understand why anxiety manifests in these different ways to better support our children -

Difficulty Sleeping ... anxiety and sleep problems have a chicken and egg connection! Research has shown that anxiety can lead to sleep disorders and chronic sleep disruption can lead to anxiety. In children, having difficulty falling asleep or staying asleep is one of the hallmark characteristics of anxiety. In many children, trains of anxious thoughts keep them awake long after they should be asleep. Others have anxiety about falling asleep, thinking they will miss their alarm or be tired in the morning!

Anger ... the link between anger and anxiety is an underresearched area, but from the little that is available, the manifestation of anger in anxious children is clear. It seems that anxiety occurs when there is an overestimation of a perceived threat (e.g., a test or a party) and an underestimation of coping skills (e.g.,"I can't handle this."). When our children are chronically and excessively worried and don't feel like they have the skills to manage the anxiety, they feel helpless. Helplessness leads to frustration which can show up as anger.

Anger and anxiety are also both activated in the threat centre of your brain. When the brain perceives a threat, the amygdala (a small, almond-shaped cluster of neurons in the brain) activates the flight-or-fight response which floods the body with hormones to make a person stronger and faster. This genetic wisdom protects us from threats and danger; and because anger and anxiety are both activated from the same brain region and have similar physiological patterns (rapid breathing, heart racing, pupils dilating etc.), it's possible that when a child feels like there is a threat (e.g. going to a party), the fight or anger response is activated as a form of protection! Finally, one of the markers of generalized anxiety is "irritability" which is also part of the anger family.

Defiance ... there is nothing more frustrating to a child with anxiety than feeling like their life is out of control.

As a way of feeling secure and comforted, they seek to take back control, often in unexpected and peculiar ways.

For example, a child already experiencing the flood of stress hormones at the prospect of going to bed, lashes out at being given an orange cup instead of a blue one.

Unable to communicate what is really going on, it is easy to interpret the child's defiance as a lack of discipline instead of an attempt to control a situation where they feel anxious and helpless.

'Chandeliering' ... to borrow a term from renowned social scientist, Brené Brown, 'chandeliering' is when a seemingly calm person suddenly flies off the handle for no reason! In reality, they have pushed hurt and anxiety so deep for so long that a seemingly innocent comment or event suddenly sends them straight through the 'chandelier!' A child who goes from calm to a full-blown tantrum without a reason is often illequipped to talk about their anxiety and tries to hide it instead. After days or even weeks of appearing "normal" on the surface, these children will suddenly reach a point where they cannot hide their anxious feelings anymore and have a disproportionate reaction to something that triggers their anxiety.

Lack of Focus ... approximately 1 in 20 people are diagnosed with some form of Attention Deficit Hyperactivity Disorder in Australia. In the past research has suggested that ADHD and anxiety often go hand in hand. But studies have shown that children with anxiety don't necessarily have ADHD. Instead, these two conditions have symptoms that overlap ... a lack of focus and inattention being two of them. Children with anxiety are often so caught up in their own thoughts that they do not pay attention to what is going on around them....especially in the classroom; particularly when instructions are being provided to the students....where they are expected to pay attention to a teacher for hours at a time.

Avoidance ... as humans, we have a tendency to avoid things that are stressful or uncomfortable. These avoidance behaviours happen in two forms; doing and not doing. If we are trying to avoid getting sick, we may wash our hands repeatedly throughout the day (doing). If we are avoiding a person that makes us feel uncomfortable, we may skip a party or meeting (not doing). The only problem with avoidance is that it often snowballs. Children who are trying to avoid a particular person, place or task often end up experiencing more of whatever it is they are avoiding. If schoolwork is the source of a child's anxiety, they will go to great lengths to avoid it and in the process end up having to do more to make up for what they missed! They will have also spent time and energy on avoiding it in the process, making it the source of greater anxiety in the end.

Negativity ... from a neurological standpoint, people with anxiety tend to experience negative thoughts at a much greater intensity than they do positive ones. As a result, negative thoughts tend to take hold faster and easier than positive ones, making someone with anxiety seem like a 'downer' all of the time. Children with anxiety are especially prone to these patterns because they have not yet developed the ability to recognize a negative thought for what it is and turn it around by engaging in positive self-talk.

Overplanning ... overplanning and defiance go hand in hand in their root cause. Where anxiety can cause some children to try to take back control through defiant behaviour, it can cause others to overplan for situations where planning is minimal or unnecessary. A child with anxiety who has been invited to a friend's birthday party may not only plan what they will wear and what gift to take, they will ask questions about who else will be there, what they will be doing, when their parent will pick them up, what they should do if someone at the party has an allergy, who to call if they get nervous or uncomfortable, who they can talk to while they are there... Preparing for every possibility is a way a child with anxiety takes control of an uncontrollable situation!

In conclusion, it's normal for children to feel worried or anxious from time to time, such as when they're starting school or moving to a new area. If your child is having problems with anxiety, there's plenty you can do to help. Above all, it's important to talk to your child about their anxiety or worries.

Many children at different ages may have anxieties that will go away after a while, with your reassurance. However, it's a good idea to seek professional help or reassurance yourself if your child is constantly anxious and it's not getting better, or is getting worse; or self-help is not working; or it's affecting their school or family life, or their friendships!

R-6 DRAMA LESSONS

Currently all students (Reception to Year 6) are participating in a ten week Drama program, facilitated by our Drama Specialist teacher, Ms Leah Moules. The overarching aims of the Australian Curriculum in The Arts state: "drama knowledge, understanding and skills ensure that, individually and collaboratively, students develop: confidence and self-esteem to explore, depict and celebrate human experience, take risks and challenge their own creativity through drama."

Dramatic activity is already a natural part of most children's lives before they start school in the form of make-believe play, enabling them to make sense of their own identity by exploring meaningful fictional situations that have parallels in the real world. This is utilised at school through structured play and drama to encourage students to learn actively and interactively throughout the primary years.

Children like to move and to interact with others. In Drama we ask them to do exactly this. Rather than sitting still and listening they are encouraged to move, speak and respond to one another. Students who are challenged by reading and writing often respond more positively to the imaginative and multisensory learning offered by drama. This in turn helps them develop such skills as creativity, enquiry, communication, empathy, self confidence, cooperation, leadership and negotiation. Most importantly, Drama activities are fun – making learning both enjoyable and memorable.

Drama gives children opportunities to explore, discuss and deal with difficult issues and express their emotions in a supportive environment. It enables them to explore their own cultural values and those of others, past and present. It encourages them to think and act creatively, thus developing critical thinking and problem-solving skills that can be applied in all areas of learning.

Through drama, children are encouraged to take responsible roles and make choices – to participate in and guide their own learning. The teacher takes a more open-ended approach, concentrating on the process of learning at least as much as – if not more than – the product.

READING

Over the past couple of weeks with NAPLAN testing prevalent on the airwaves and in our schools, and with the impending delivery of the First Semester Written Reports (that teachers are currently writing), we can tend to get caught up in assessing and testing. Therefore, now is a timely reminder of the importance of reading for student learning and to remember that no two students learn the same or at the same rate.

Please ensure that your children (Reception to Year 6) continue to read every night/every opportunity they can. Reading to themselves is great; but reading out aloud to an adult is far more beneficial; and then when a child has the fluency and expression that makes a story engaging and entertaining (yes, it will come)ask them about what they have read.

Many children master the 'mechanics' of reading; but reading is pointless, unless they understand what the author of the text is trying to convey (....yes, that means you have to listen carefully to ask the questions that help determine whether your child has truly understood what they have just read).

We are all well aware that the skill of reading is one of the most important we teach our children. It is a life skill that enables them to extend their concepts, gain information as the basis for other learning and to gain access to the magical world of fantasy.

Learning to read is about listening and understanding as well as working out what's printed on the page. This helps children build their own vocabulary and improve their understanding when they listen, which is vital as they start to **read**. It's **important** for them to understand how stories work **too**.

Therefore, if your child does nothing but read (aloud to an adult) for homework each evening, then just go with that!

Thank you and God Bless!

Stay dry this week!

NAT IZZO Principal nizzo@stmarmem.catholic.edu.au



HAPPY BIRTHDAY

5M 14/6 Oliver Hyland 5P 14/6 Ruby Watkins 6N 12/6 Jackson Tatler



FROM THE APRIM

We are now back in the Ordinary Time of the Church calendar so instead of saying "Happy Easter!" this week I am saying

"Happy Birthday Catholic Church!"

Pentecost was celebrated in Churches around the world on Sunday. Every year this reminds us of the first Pentecost, when the Holy Spirit descended upon the heads of the disciples who were all gathered together in a room. With the Holy Spirit in their hearts, they were then given the mission to go out into the world and carry on the work that Jesus had started during his time on Earth.

As disciples of Jesus ourselves we are given this same mission, to continue the work Jesus started over 2000 years ago in our world today. We see this work around us all the time, through the many, many disciples of Jesus. Let me remind you of some of this work:

- Raising money for Project Compassion which supports Caritas to help communities all over the world overcome poverty
- Orange Sky who washes clothes for homeless people all over Australia
- St Andrews Anglican Church in Glenelg, our neighbour, has a pantry where people struggling to afford groceries can collect essential items every week
- Fred's Van who provides a hot meal and conversation to homeless people in the city of Adelaide every night
- The Big Issue who offers people an opportunity to earn their own money by selling their independent magazine
- St Vincent De Paul Society who helps many individuals and families who need support in a myriad of ways, from housing to clothing and food, even education

Throughout this week classes are holding Pentecost Parties to celebrate the birthday of the Church. And we have so much to celebrate. We are a great community who work hard to make the world a better place, just like Jesus did while he walked on our Earth.

Joy and blessings. Tamara Smith

















GLENELG CATHOLIC PARISH

Our Lady of Victories, 13-15 High St, Glenelg SA 5045 Our Lady of Grace, 36 Beadnall Tce, Glengowrie SA 5044

Presbytery: 17 High Street, Glenelg Office Hours: Mon, Wed-Fri 9am-2pm

Phone: 08 8294 1888

Email: glenelgcp@bigpond.com Web: www.glenelgcp.com

SACRAMENTAL PROGRAMME

Preparation to receive the **Sacrament of Confirmation** is almost complete. The celebration of the sacrament will take place at Our Lady of Victories Church with Fr John as celebrant, **7pm Wednesday June 22**.

We will have a practise run through of this Sacrament at 3:30 on Tuesday June 21 (date to be confirmed)

CHILDREN'S LITURGY OF THE WORD

Children's Liturgy of the Word for Children has resumed at Our Lady of Grace Church at the regular 9.00am Sunday Parish mass.



Children's Liturgy of the Word is designed specifically for all school aged children attending mass. The children come out of the mass before the commencement of the Readings and return at the Prayers of Intercession. It gives children the opportunity to hear the Gospel for the day in a more age-appropriate way so they have a better understanding of the Gospel message through questioning, prayer and an activity.

If you have any questions, please feel free to contact me any Wednesday.

Thanks, Melissa

Parish Sacrament Coordinator $\underline{melissagcp@bigpond.com}$

SUNDAY GOSPEL OUOTE





MASSES

Due to COVID whole school celebrations are still not permitted. However year level Masses can now be celebrated. Family and friends can join our celebrations but a face mask must be worn.

Week 7 Year 4 Mass Tuesday 10am
Week 8 Year 3 Mass Tuesday 10am
Week 9 Yr 1 & Rec 2 Liturgy Tuesday 9am (TBC)

Changes to the calendar regarding Masses and their times will need to be made as COVID regulations and advice changes. We need to be flexible as adjustments are made to cater for these needs as well as the needs of our parish and our priests. The newsletter will publish the most current times. Apologies for any inconvenience.

Tamara Smith
APRIM
tsmith@stmarmem.catholic.edu.au

PRAYER





Pentecost People

Come, Holy Spirit, and make us Pentecost people.

Let your wisdom and right judgment guide our decisions and temper our impulses.

Let knowledge and understanding increase our capacity for empathy and compassion.

Let reverence and awe fill us with gratitude and respect for all of creation.

Give us the courage to witness boldly to our faith in word and deed.

Through and with and in Jesus Christ, we pray.

OSHC - OUT OF SCHOOL HOURS CARE

We remind families that all OSHC bookings and cancellations cannot be arranged through the school office. Please email Vicki directly at OSHC:

Vicki - <u>vmessent@stmarmem.catholic.edu.au</u> OSHC Mobile: 0408 714 787

All bookings must be made via the Kidsoft iportal by parents/guardians.

Cancellations must be made by 4pm the day prior to avoid full fees being charged. Please email Vicki as above. Parents are unable to cancel via the Kidsoft iportal.

FINANCE NEWS

The Term 2 statements were sent home with the students last week via the class bags for your review and action.

Multiple payment options are available to families and we ask you to refer to your statement for further information. Please note that previous 2021 arrangements may not have rolled over into 2022. If you wish to arange a payment plan for 2022 or need to contact me with any other queries, please call the school office or email finance@stmarmem.catholic.edu.au

Regards, Jennifer Ashfield

ATTENDANCE

When emailing the school to notify us of your child's absence, we kindly ask all parents to cc the admin team (Deb, Sharon and Angela) on

info@stmarmem.catholic.edu.au

Sharon and Angela are responsible for changing the attendance codes on the data system. Therefore, the school requires attendance information as soon as possible in the mornings, before the absentee texts go out.

Teachers often do not have time, before school starts, to email the front office regarding absentee emails they have received, so it is important that the front office team receives this information also.

Thank you for supporting us in our endeavour to keep track of all student's attendance.

LUNCH ORDERS

Lunch orders are available every week day of the school term through Subway and The Daily Fixx. *Please note, Sakura Sushi is currently not available for orders.* We will keep you updated on their return.

Lunch menus/order forms can viewed by clicking on the icon:





Please remember to fully complete the appropriate order form and then place the order into a brown paper bag, ziplock bag or envelope. Write your child's full name and where they are ordering from (Subway or The Daily Fixx) clearly on the brown paper bag, zip-lock bag or envelope.

Orders must be received at the Front Office by no later than 10:00am.

If there is a shortage of funds in your child's lunch order you will receive an email requesting monies to be paid to the Front Office the following day.

PLEASE NOTE
SUSHI IS CURRENTLY NOT AVAILABLE

UNIFORM SHOP - OPENING TIMES

TUESDAY 2:45 - 3:30pm THURSDAY 2:45 - 3:30pm



Please contact Christine on:- 0424 776 381
Email: ccoombe@belgraviasports.com.au
(Please note new email address)

or

Or visit the St Mary's Memorial School <u>Online Uniform Shop:</u>

- Open 24/7
- AfterPay available
- Delivery information is on your online shop home page

How to Order

- 1. Create an Account (optional)
- 2. Add products to your cart
- 3. Fill in Special Instructions for seller field with your child's name.
- 4. Check out by following the prompts.
- 5. You can log back in at any time and view your past orders.

WELCOME BACK TO OUR VOLUNTEERS

With restrictions in schools slowly being eased, now is the perfect time to ensure you are ready to volunteer.

To volunteer in 2022 at St Mary's Memorial School you will need to have the following:

- A current Catholic Police Clearance
- COVID Vaccination Certificate (showing double vaccination)
- RRHAN (Responding to Risk of Harm, Abuse and Neglect for Volunteers) Certificate.

Follow the RRHAN link below, login and click on Non Department for Education Staff. https://www.plink.sa.edu.au





RAISING HEARTS AND MINDS







More "Nude Food" ideas!

MUFFINS ARE ANOTHER WAY OF CREATING NUDE FOOD LUNCHBOX MEALS AND SNACKS. BEST OF ALL YOU CAN MAKE BIG BATCHES AND FREEZE THEM MAKING THEM QUICK AND EASY AND BUSY SCHOOL MORNINGS. TRY THESE TWO RECIPES:

Cheesy Pasta Bites

They'll love having mac and cheese for snack time thanks to this nutritious batch cook recipe. Make these cheesy pasta bites with cauliflower and pumpkin for a snack that will help to keep them going until dinner time.

INGREDIENTS:

- 250g macaroni, roughly chopped
- 250 grams macaroni, roughly chopped
- 150g pumpkin, peeled and roughly chopped
- 150 grams pumpkin, peeled and roughly chopped
- 150g cauliflower
- 150 grams cauliflower
- 1/2 bunch thyme, leaves picked
- 1 half bunch thyme, leaves picked
- 1 + 1/2 cup light tasty shredded cheese
- 1 + 1/2 cup cup light tasty shredded cheese



METHOD

- 1. Preheat oven to 180°C. Line a muffin pan with baking paper.
- 2. Cook the macaroni according to packet directions. Drain and set aside to cool.
- 3. Meanwhile, steam pumpkin and cauliflower over boiling water for 15 minutes or until soft. Transfer to a blender and blitz until smooth. Season with pepper to taste.
- 4. Stir together vegetable mixture, macaroni, thyme and cheese in a large bowl. Divide mixture into muffin pan and bake for 20 minutes or until golden brown.

Makes 10

Sweet Potato Cheesy Muffins

These cheesy bites are perfect for brunch or a grab-and-go snack. Plus, sweet potato makes this savoury take on muffins a surefire family favourite.

INGREDIENTS:

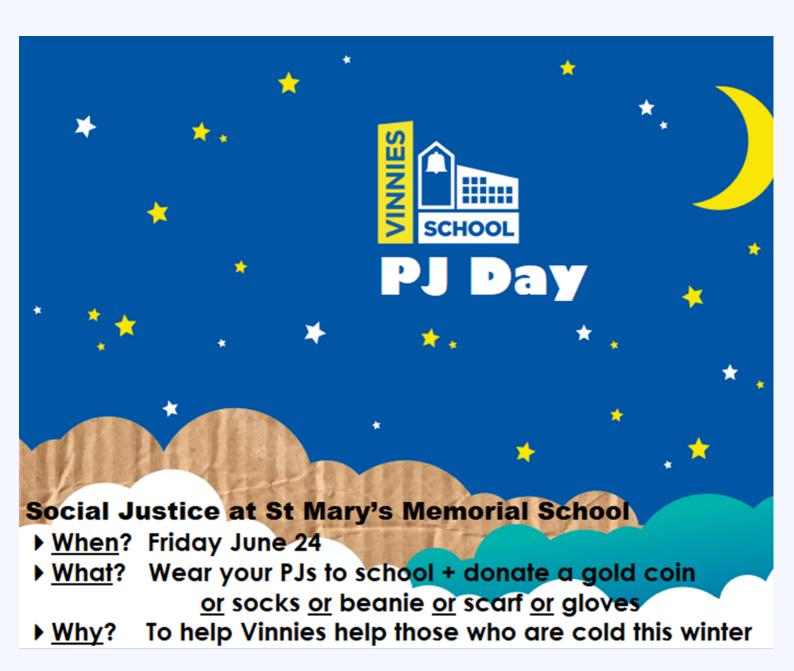
- 1/2 tsp baking powder
- 300g sweet potato
- 2 spring onions
- 1/2 tsp sweet paprika
- 2 tbs grated parmesan
- 2 cup wholemeal flour
- 1 cup buttermilk
- 1/4 cup olive oil
- 2 free-range eggs

METHOD

- 1. Preheat oven to 200°C. Line a 12-hole muffin tray with paper cases.
- 2. Peel and finely chop sweet potato, cover and cook in microwave on high for 2 minutes. Mix together wholemeal flour, baking powder, spring onion, paprika, parmesan and sweet potato.
- 3. Whisk eggs, buttermilk and olive oil in a bowl. Pour into dry ingredients and stir gently until just combined. Divide evenly into paper cases and scatter with cheese. Bake for 25-30 minutes or until golden brown. Turn out on a wire rack to cool.

Makes 12

https://www.woolworths.com.au/shop/recipes/cheesy-pasta-bites?icmpid=sm-ffk-7-healthier-snacks





Our Year 6 students launched their coffee business Hope Beans last week raising an impressive \$650 for Hutt Street Centre.

Feedback on the coffee has been really positive with parents and teachers loving the premium quality taste.

It is not too late to order scan the QR code and know that not only are you helping our students run a business but you are also helping the homeless in this bitterly cold weather.

Our Hope Beans coffee is ethically sourced and environmentally friendly (you can put our pods in your green bin).

How good is that?





Year 6 Graduation Winter Wine Fundraiser



Support the graduating Year 6 group by filling your wine collection with a wonderful range of wines at fantastic prices! To make the celebration the best it can be we need your support and engagement. Feel free to share the list with family, friends, work colleagues, neighbours... even the postman! \$2-\$3 from every bottle sold will go directly to helping fund the Year 6 2022 Graduation to be at years end.

Please take note of the following points for consideration:

- Wine orders will be made available for collection on Friday 24th June 2022 between 2.30pm-3.45pm. Collection will be from St Dominic Hall (located corner of High and Chapel Street). The wine collection date is non-negotiable.
- If you are unable to attend you must arrange another adult to collect your wine order. Alcohol cannot be left on the school premises, and children are not permitted to collect the wine on behalf of the purchaser.
- All orders must be in no later than Friday 17th June at 3pm with payment details provided. Orders missing payment details and/or not made by deadline will not be accommodated.
- Entwine have advised minimum order per person is 1 dozen mixed dozens welcome (6 bottles per wine). Mixing between friends post collection may assist those requiring more range over smaller orders.
- All payments are processed by Entwine (not by the school). Card is the preferred payment method. However, if cash payment is required, please contact Jo Kroon on <u>joanne.kroon@sa.gov.au</u> to organise.

Thank you all for your support!

The Year 6 Graduation Committee

'Year 6 Graduation Winter Wine Fundraiser'

Purchase premium wines at great prices & help our fundraising efforts!

Wine	RRP	Sale Price per bottle (inc.GST)	Quantity (bottles)	Total Price
Sparkling Wines – if there are multiple options, please	circle the	wine you would	l like	
Nv Leconfield Syn Cuvee Blanc OR Sparkling Shiraz	\$22	\$15.00		
Nv The Lane <i>Lois</i> Blanc de Blanc	\$27	\$20.00		
Nv Bird in Hand Sparkling	\$28	\$20.50		
Nv Aurelia Prosecco	\$25	\$18.50		
White Wines & Rose' – if there are multiple options, p	lease circ	le the wine you	would like	
2021 Mr Mick Clare Pinot <u>Grigio OR</u> Vermentino	\$19	\$16.00		
2021 Bird in Hand Adelaide Hills Saux Blanc	\$26	\$19.00		
2021 Tim Adams Clare Valley Pinot Gris OR Riesling	\$26	\$19.50		
2021 Paxton Pinot <u>Gris OR</u> Rose' (Organic)	\$25	\$19.00		
2021 Bird in Hand Adelaide Hills Rose'	\$27	\$19.00		
2021 Kangarilla Road Fiano OR Chardonnay (A/Hills)	\$26	\$20.00		
Red Wines – if there are multiple options, please circle	e the wine	you would like		
2020 Paxton AAA Shiraz <u>Grenache OR</u> Tempranillo	\$25	\$19.00		
2019 Kilikanoon Killerman's Run GSM OR Cab Saux	\$25	\$18.50		
2019 Bremerton <i>Tamblyn</i> Langhorne Ck Cab Shiraz	\$25	\$18.00		
2020 Bird in Hand Two in Bush Shiraz	\$27	\$19.50		
2019 Kangarilla Rd McLaren Vale Cab <u>Şauv</u> <u>OR</u> <u>Shiraz</u>	\$26	\$20.00		
2020 <u>Hentley</u> Farm <i>Villain & Vixen</i> <u>GSM_OR</u> Shiraz	\$27	\$22.00		
Cleanskins				
2021 Adelaide Hills Sauvignon Blanc	\$19	\$10.00		
2019 Barossa 'Reserve' Shiraz	\$19	\$12.50		
			Total	\$
num order per person is 1 dozen – mixed dozens w Please place your orders Your wine will be available for co	s by <mark>Frida</mark>	y 17 th <u>June.</u> 202	<mark>22</mark>	
nent is available via MasterCard or Visa <u>at time of o</u>				
e return orders to the school front office or via em	ail to: <u>Ioa</u>	nne.kroon@sa.	gov.au	
questions please call Jo Kroon on 0411 433 535				
support is very much appreciated.				
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