

Lake Grace District High School NEWSLETTER #2

Phone: (08) 9865 4500 Address: 1 School Place, Lake Grace, W.A, 6353 Email: lakegrace.dhs@education.wa.edu.au

Thursday 22nd February 2024

Term 1 Upcoming Events

Shared Assembly hursday 22nd February Faction Swimming Carnival Thursday 29th February Highschool Tennis Champs (Cunderdin) Friday 1st March

> **Labour Day Public Holiday** Monday 4th March

School Development Day (No School) Tuesday 5th March

Year 6 Sunsmart Tennis (Hyden) Wednesday 6th March

Blast Cricket Carnival Year 4-6 Friday 8th March

Naplan Monday 11th March– Friday 22nd March

SCHOOL HOURS Monday (early close) 8.45am—2.30pm

Tuesday to Friday 8.45am—3.15pm



Axel

Bridie

TERM ONE IN SKINDERGARTEN

We have been very busy with the start of the school year. Welcome to the start of your schooling career! The term has been progressing well despite the soaring temperatures! We have hermit crabs in the class, nursery rhymes to learn, lots of activities inside and outside and we are spending lots of time getting to know each other.

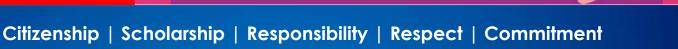
Arnold

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Mack

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Layla





NEWSLETTER #2 Lake Grace District High School

In Pre-Primary We Have Been....

This term we have been learning about Nursery Rhymes. Each week we are learning a new Nursery Rhyme. We have been using pictures to sequence each rhyme and orally recalling the sequence. We are using the Talk For Writing story maps for retelling as well. We continue to learn the alphabet sounds and letters and we are using these to help us during writing. In Maths we have been consolidating our counting skills, playing games to recognise dice dots, playing card games and writing numbers to improve formations. We have enjoyed the swimming lessons on these hot days.

TERM ONE IN PRE-PRIMARY





Katherine

Bobby

Olly

Madelyn & Ciara Kate, Daisy & Ciara

Lucas







Message from the Principal: Kerrianne Mills

Dear Lake Grace Community,

As we enter our second week of swimming lessons I would like to thank you all for being so prepared and ensuring students have been organised for their lessons. Thank you also to the incredible staff for their flexibility around their timetables and finally to Tor who has organised the timetable, walked classes to the pool and on extremely hot day/s, organised a bus for our 'little ones'. There are definitely some very tired faces and teary little ones last week. I am sure their brains hurt from getting back into learning, the heat zapping their energy and the pool wearing them out!

It has been brought to our attention that hats and drink bottles have been going missing so we have asked students to put both items zipped inside their bags or taken into classrooms to help prevent the temptation. Can parents also please ensure that names are clearly put on students clothing, hats can have their names written in a white paint marker for example.

Late last year, I put in an application for our school to be accepted for a Leading Cultures of Teaching Excellence program. I am delighted to announce that LGDHS has been accepted into the program for 2024. This program will assist our school to continue to develop a school culture that creates and supports learning, good relationships, feedback, reflection, collaboration and trust. It provides a way to measure the school's culture and tools to improve and enhance our culture. This is a wonderful opportunity for LGDHS to be a part of. This year we have hit 147 enrolments with 2 more to come in Term 2. I am absolutely thrilled to be a part of a growing school.

The faction carnival, tennis and cricket notes have gone home to families that this applies too, please ensure you get these back in a timely manner. Organising these events is a mammoth task and many hands make light work. If you are able to attend our faction carnival and can offer some time it would be greatly appreciated by the staff.

Congratulations to our successful Student Leaders for Semester 1, Zac Matthews, Year 9, Mitchell Matthews Year 9, Khalen Pitcher, Year 9, Charli Bell Year 6, Rebekah Pawsey, Year 8 and Josh Willcocks, Year 6. I look forward to working with you and having you uphold the schools values whilst representing our school. See the following page for more information on our student leaders!

There has been some talk about our new Behaviour Policy at school, please be assured once it has been finalised and endorsed by the School Board a copy will be sent out to all families so that you have a clear understanding. I would like to reassure you that there have been no new rules in the school, the infringement system is a way that we are monitoring and recording student behaviour, making them accountable. These infringements also align with our Uniform Policy, Homework Policy and Mobile Phone Policy that were introduced last year and distributed to families.

You should have received your invoice for voluntary contributions by now, if you haven't already, we would like to encourage you to pay as soon as possible. We are currently sitting at 23% of Highschool contributions & 16% Highschool extra charges paid, 66% Primary contributions paid, 77% Kindergarten paid and 96% Pre-Primary paid. These payments help to enrich your child/children's learning, so we would appreciate it very much if these were paid at your earliest convenience.

At our School Board meeting on Tuesday, it came to light that the community are unaware of what the roles and responsibilities of our Board Members are. Their roles include the following:

- Attend a meeting once or twice a term
- Review school policies and processes
- Promote the school in the community
- Approve contributions and charges
- Provide advice
- Code of conduct for students
- Business and strategic planning

Thankyou for your understanding, please stay cool in this ghastly weather, stay safe, hydrated and remember to slip, slop, slap.

Best wishes, Kerrianne Mills | Principal





INDENT LENDERS

UERA 72

Student Leaders, Term 1, 2024

As a Student Leader, I want to bring forward another Do it for Dolly Day and a Fluro Day for S.O.C.K Week. (Save our country kids)

REBEKAH

MITCHELL

Ai, my name is Mitchell and I am one of the Student Leaders. I am looking forward to taking on the responsibilities and helping the school as much as I can.

Hi My name is Zachary Matthews and this is my first time being a student leader. I am looking forward to working with the teachers and staff, creating new ideas to help improve the school.

KHALEN

Hi my name is Khalen and I'm in Year 9 and I've been elected as a Student Leader for the semester and I'm happy to take on all the responsibility. My name is Josh Willcocks and I enjoy being a student leader because I love to listen to students and help

them.

Hi my name is Charli and I am very excited about being one of your 2024 Student Leaders. I have many ideas to share this semester but more importantly would like to hear any ideas that my fellow pupils have.



Bushfire Emergency Plan

Bushfire Register

Our school has been identified as a school at increased risk of bushfire. Therefore, a comprehensive Bushfire Management Plan has been written to ensure the health, safety and welfare of students, staff and visitors. This plan has been written collaboratively by DFES, Workplace Health and Safety Directorate and the school.

The Plan deals with two types of occurrences.

1. A fire danger rating of concern is forecast (catastrophic, extreme or severe) on the afternoon prior to a school day.

2. The school is impacted by a local bushfire threat when the students are at school.

The school will only receive notification of a concerning fire danger rating after school hours the day before the forecast is issued and we will contact the LGDHS community as soon as we are notified. To assist the school in contacting all parents, please ensure that you have provided the school with up-to-date mobile and home telephone numbers and let us know immediately if your contact details change.

We would like to assure all of our parents that our school is prepared for the event of a bushfire emergency and that your child will be safe and secure in the care of the staff of Lake Grace District High School.

As a key part of being on the Bushfire Register we will be practicing our fire evacuation drills during the next few weeks. If you have any questions or concerns, please contact us.



BUSHFIRE EMERGENCY PLAN - PARENTS GUIDE



STUDENTS HAVE	FIRE RATING PROCEDURES				
-					
FIRE IN THE AREA	IMMEDIATE EMBER	SEVERE	EXTREME	CATASTROPHIC	
	ATTACK	OR HEAVY SMOKE AFFECTED			
Bushfire signal initiated	Lockdown signal initiated	SCHOOL STILL OPERATES Unless conditions make it impossible		SCHOOL TEMPORARILY CEASES OPERATIO OR RELOCATES	
Notice on school Facebook page and Schoolstream app	Notice on school Facebook page and Schoolstream app	Parents notified the day before if possible via school Facebook page and Schoolstream app		Parents will be advised the day before if possible via school Facebook page, Schoolstream app. Check local radio and DFES website.	
'Students safe in the art room-don't come to school"	'Students locked down and safe-stay where YOU are safe, don't come to school" in the art room-don't come to school"	Students with an Asthma Plan should stay at home.		Students will stay at home	
School relocates to the art room to wait for the all clear from DFES	the art room to wait for the all clear		door activities	DO NOT SEND YOUR CHILD TO SCHOOL	
Do not come to school to get your child		Students should bring <mark>extra water</mark> in drink bottles to school		All excursions will be cancelled or postponed	
Check school facebook page, School- tream app about collection of students- time, place and method Check school facebook page, School- stream app about collection of students- time, place and method		Excursions to bushland or isolated locations will be cancelled		Students away on excursions will not return to school but will be billeted at a local school until the rating is lifted	
STAY CALM - KEEP YOURSELF SAFE		Monitor notifications on school Facebook page and Schoolstream app, local radio and DFES websites for updates		Parents will be advised when students may return to school by school Facebook page, Schoolstream app and local radio	

Activate your family's Bushfire Survival Plan



Message from the P&C: Nikki Lewis

To LGDHS Community,

Following our AGM on Monday 12th February, here is the P&C committee for 2024 as below.

President:	Nikki Lewis		
Vice President:	Sarah Clarke		
Treasurer:	Kelly Callope		
Secretary:	Elizabeth Calstaldini		
School Board Rep:	Tahryn Trevenen		
Uniform Co Ordinator:	Debb Carruthers		
Canteen co-ordinator	TBC		

We have a Canteen co-ordinator to be confirmed to commence Term 2.

Swimming carnival lunch orders – Due in by Friday 23rd February.

Rosie's Café are going to make lunches for the upcoming Faction swimming carnival on Thursday 29th February.

Please submit your orders for students, parents and spectators via the Flexischools app by **Friday 23rd February.**







Download the *flexischools* app to get started today!

Fundraising ideas

If you have any fun and new ideas of ways our P&C could raise funds to help improve our school please feel free to come along to our next meeting or contact a member of the P&C committee.

Uniform Shop

Please check your uniform supplies and place any orders via the Flexischools app. Orders placed by Friday afternoon will be filled the following Monday.

For all uniform enquires contact Debb Carruthers via lgdhs.uniforms@gmail.com

Our next P&C meeting will be held Monday 11th March 2024 @ 6.30pm in the Padley Room. Please send any agenda items, nominations for committee positions or apologies to <u>lakegrace.pandc@gmail.com</u>

Remember to bring \$1 if you wish to become a financial member/ be eligible to vote meetings

Canteen Roster

Canteen Roster Term 1 2024			
26/02/2024	Chloe McDougall	Lake Grace Shire	Lake Grace Shire
4/03/2024	Public Holiday	Public Holiday	Public Holiday
11/03/2024	Elizabeth Castaldini	Sarah Clarke	Lauren Caffrey
18/03/2024	Annie Argent	LG Police	LG Police
25/03/2024	Teneeka Morgan	Sym McKenzie	Nicola Kuchling

Kind Regards

Nikki Lewis | Lake Grace DHS P&C President



Rhiannon Stubberfield Yr 4/5

NEWSLETTER #2 Lake Grace District High School

Employment Opportunity GDHS are urgently seeking 2x cleaners! 3 hours per day To enquire please call: Michelle Lay PH: 08 9865 4500 **School Notices Download our** Don't forget to pack school app Crunch&Sip® Crunch&Sip et time for your for free! child to eat vegetables fruit and drink water in the classroor Why download the app? Receive instant notifications for important news Easily register absentees and excursions. Keep up to date with events and set reminders Fruit Water to to the App Store and download Open the app and type the schoo d the school's profile. 111. Cancer ee to Push Notific Counci crunchandsip.com.au 🕤 schoolstream Staff Contact List Kerrianne Mills Principal Wendy O'Neill Yr 6 wendy.oneill@education.wa.edu.au Kerrianne.Mills@education.wa.edu.au Lisa O'Neill Highschool lisa.oneill@education.wa.edu.au victoria.bennett@education.wa.edu.au Victoria Desmond Deputy Principal Sharon Robinson Kindy/PP **Tuscany Dew Highschool** sharon.robinson@education.wa.edu.au tuscany.dew@education.wa.edu.au Di Garard Kindy/PP diane.garard@education.wa.edu.au Lisa Nenke Highschool lisa.nenke@education.wa.edu.au Brianna Brooks Yr 1 **Pier Johnston** brianna.brooks@education.wa.edu.au Pier.Johnston@education.wa.edu.au Gemma Gooding Yr 2 gemma.scarterfield@education.wa.edu.au Michelle Bambling michelle.bambling@education.wa.edu.au Natalie Livall Yr 2 natalie.oneill@education.wa.edu.au Amanda Trevenen amanda.harrower@education.wa.edu.au Alyssa Bruce Yr 3 alyssa.bruce@education.wa.edu.au **Shelley Stowers** shelley.stowers@education.wa.edu.au

Vicky Klein

victoria.nolan@education.wa.edu.au

rhiannon.stubberfield@education.wa.edu.au



Message from The Chaplain: Brodie Simmons

Hello everyone!

My name is Brodie Simmons and starting in Week 6 I'll be the new chaplain at the Lake Grace DHS. I am also a student completing Psychology Honours online. I collect quirky brooches, have many pets, and live on farm in Pingaring.

I have a deep desire to assist people in developing resilience and overcoming adversity so that they thrive and enjoy their lives, no matter what life may bring. I intend to use that passion to assist the students, staff and community to work through challenges and distresses, and to find strength. As the Chaplain I'll be around to listen, provide support and hopefully share a laugh or two as well.

I am excited to be a part of the Lake Grace DHS community and looking forward to meeting you all soon!



Secondary Assistance Scheme Reminder SECONDARA ASSISTANCE SCHEME VEARS 7-12 YOU MAY BE ELIGIBLE FOR UP TO : S33500 (TOWARDS SCHOOL EXPENSES) DYOUHOLDA: CENTRELINK HEALTH CARE CARD M CENTRELINK PENSIONER CONCESSION CARD M CENTRELINK PENSIONER CONCESSION CARD Applications Close: Thursday 28th March 2024 Ask School Reception for More Information



Student Update and Excursion Forms Required

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Student Update Forms & Excursion Consent Forms

Student update forms and excursion consent forms for swimming carnival, Year 6 and Highschool Tennis Champs have been sent home with your children. Please check , make any necessary corrections as required, sign and return to the front office as soon as possible. This is the information we hold on our school student information system and is vitally important we have your correct contact details and student medical details. We will also require updated immunisation details from 4/5 year olds who received their school entry immunisations after they commenced Kindy.

Volunteers Still Required!

If you haven't already and would like to volunteer for either swimming carnival (29th February), Highschool Tennis Comp, Cunderdin (1st March), Year 6 Sunsmart Tennis Competition, Hyden (6th March) please let the office know ASAP!

Thank you, LGDHS Admin.

Cricket Blast Cup



Cricket Blast Cup Friday 8th March @ Town Oval for Year 4-6 Students Notes will go home shortly

Volunteers will be required for carnival to go ahead



Message from School Nurse: Laura Ballard

Healthy eating for families

In our modern society, very few of us use up enough energy to take on the extra calories of 'treat' food and drinks. The Australian Dietary Guidelines provide up-to-date advice about the amount and kinds of foods and drinks that we need regularly, for health and well-being.

By providing your family with the recommended amounts from the Five Food Groups and limiting the foods that are high in saturated fat, added sugars and added salt, your family will get enough of the nutrients essential for good health, growth and development. A healthy diet reduces the risk of chronic diseases such as heart disease, type 2 diabetes, obesity and some cancers.

The amount of food your child will need from the Five Food Groups depends on their age, gender, height, weight and physical activity levels. For further information go to <u>www.eatforhealth.gov.au</u>

Below is a simple healthy lunch idea and on the following page are some cute lunch box notes that you can cut out with your child and place a different one in their lunch box each day!



Makes 1 sandwich (4 quarters) or 1 wrap

Ingredients

- Choose wholegrain or wholemeal bread, wraps, pita pockets or bagels.
- 1 egg, hard boiled (boil for 5 minutes)
- 2 teaspoons reduced fat mayonnaise
- 2 iceberg lettuce leaves, shredded



Method

- 1. Peel egg and add to a small mixing bowl.
- 2. Add mayonnaise to egg and mash with a fork.
- 3. Add egg mixture to bread or wrap and top with shredded lettuce.

Optional

Add a teaspoon of curry powder to the egg mixture to turn this into a delicious curried egg sandwich.



Message from School Nurse: Laura Ballard

Lunchbox Notes

Brighten your child's day by adding these to their lunchbox for a nice surprise!





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Healthy

Week



Parenting Resources

Connection

Supporting Parents in WA Communities

Free evidence-informed parenting programs delivered by Parenting Connection WA Visit www.parentingconnectiowa.com.au or follow us on Facebook @ParentingConnectionWA

Circle of Security[®] Parenting[™]

8 x 2 Hour sessions for parents of children from the 0-6 age group

Circle of Security parenting is **based on attachment theory and focuses on the relationship between parent and child**. From a basis of observing and understanding a child's needs, the theory emphasises how the parent's relationship with their child is key to success in everyday parenting matters, such as concerning behaviour, emotional outbursts, and emerging independence behaviour patterns.

Parents will:

- · Learn how to identify their child's need
- . Learn how to respond rather that react to their child's need
- Learn about their personal parenting experience . .
- Remind themselves of just how important they are

Bringing Up Great Kids

6 x 2 Hour sessions

Bringing Up Great Kids uses ideas of mindfulness and reflection to support parents to review and enhance patterns of communication with their children, to promote more respectful interactions and encourage the development of children's positive self-identity. It also works to establish a new relationship context for children and their parents through facilitating opportunities for positive exchanges. Bringing Up Great Kids draws from child-centred and strengths-based perspectives, neurobiological development, attachment theory and narrative

Please note: Various versions of this program is available. Please speak to your local PCWA Parenting Coordinator to find out more.



Protective Behaviours Parent Information Session

Internationally recognised **personal safety program aiming to empower children**, young people and adults with strategies to promote safety, problem solving and resilience includir • Assert their right to feel safe

- . Identify a trusted adult to talk to
- Recognise 'signs' their bodies give them when they may be unsafe
- Learn body safety rules and safety strategies Learn the difference between safe and unsafe secrets

Please note: Various versions of this program is available. Please speak to your local PCWA Parenting Coordinator to find out more.

1 2 3 Magic and Emotion Coaching

3 x 2 Hour sessions for parents with children 3-10 years of age

Aims to **help parents increase their ability to self-manage and regulate their feelings** and reactions and gives parents the skills and confidence to discipline gently but firmly. Helps parents to avoid common parenting mistakes, such as too much talk and too much emotion. Helps parents understand the different types of behaviour and why they occur.

Identifies three choices parents have when managing behaviou

- Do nothing (ignore)
- Act (count or consequences)
- Listen and emotion coach

Teaches how to emotion coach by:
 Recognising children's emotions

- . Listening empathically and tuning in
- Validating feelings
- Helping children to problem solve.







Tuning In To Kids and Tuning In To Teens

Tuning In To Kids (parents of 3-10 year old) Tuning In To Teens (parents of 10-16 year old) A 6-week program for approximately 2 hours per session

The program is based on the concept of **Emotional Intelligence** which involves using your emotion to guide you through life and will teach you how to Emotion Coach your child. It's about being able to use your own knowledge of emotions to make decisions, to self-regulate, to manage anger and conflict, to help you in your relationships with people, and to know and understand what is happening in social situations.

When parents focus on helping their child learn about emotions, they are more likely to: Have greater success with making friendships

- Manage conflict with peers Have better understanding and concentration, leading to higher academic achievement Be more able to self-soothe when upset or angry
- Have more stable and satisfying relationships as adults
- Have greater career success

Tuning Into Kids and Tuning In To Teens teaches parents how to help their child develop the skills to become emotionally intelligent.

No More Scaredy Cats

3 x 2 Hour sessions (parents of 2-12 year old)

- Providing parents with the skills to reduce anxiety and build resilience.
 - The brain, understand where fear and anxiety originate How to reduce anxiety and build resilience Practical strategies to use in moments of anxiety .

 - Lifestyle influences that can help improve anxiety

Engaging Adolescents

3 x 2 Hour sessions for parents with children 10-18 years of age

Learn practical skills for **resolving teenage behaviour problems** in modern times. Build a stronger relationship and renew your sense of confidence by equipping yourself with the skills to hold a tough conversation about challenging behaviour with your teen.

Parents will learn:

- New understandings of adolescents' brain development
 Building a relationship with your teenager and making the best of your non-crisis conversations with them
- · Skills to hold a tough conversation about teenage challenging behaviour.

Triple P Positive Parenting Program (Group and Seminar Series) Suits parents of children aged 2-10 years old. Session durations may vary.

Triple P is a system of easy to implement, **positive parenting strategies that may help to ease current parenting concerns** and prevent future problems before they arise. Aims to help parents create stable, supportive, and harmonious family relationships, by reducing conflict and building better relationships with their children.

Gives parents strategies to:

- Stop or prevent negative behaviour Encourage positive behaviour Build positive behaviour
- :
- Build positive relationships with the children Plan ahead to avoid or manage potentially difficult situations Take care of themselves as a parent.

Visit www.parentingconnectionwa.com.au Follow us on Facebook @ParentingConnectionWA







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Parenting Resources

Michelle Mitchell Parenting Teens Webinar Series Free Access to Prerecorded Videos.

12 months replay access. Limited passes available.

Webinar 1: What Teens Need

Parenting a teenager can be tiring, a little stressful and an intense roller-coast of rapid change. It can also be so rewarding, especially once you understand what teen's need.hese videos are designed to help parents and carers embrace, connect with and enjoy this stage of life.

Webinar 2: When They Push the Boundaries

Karen Young and Michelle Mitchell come together to equip parents, carers and professionals with strategies to help them stay connected to tweens and teens when they push the boundaries.

Webinar 3: Guiding Adolescence

Dr Vanessa takes centre stage as they talk about the importance of setting boundaries without damaging their spirit. This webinar will be insightful, challenging, and offer you some solid takeaways to help you understand your role in your child's life.

Webinar 4: Neurodivergence and Adolescence

This webinar focuses on how neurodivergence might become more visible during adolescence. It will help parents understand the facts while deepening their acceptance in order to fully embrace their growing child.

You will be issued with a promocode to access the webinar for free once your booking is confirmed. Please note, these are not transferrable. Register for one or all four webinars: <u>WheatbeltPCWA@wanslea.org.au</u>

Supported by





Parenting Connection

TO BOOK: WheatbeltPCWA @Wanslea.org.au





Parenting Resources



Tiny Tots First Aid

A FREE workshop to learn how to look after your infants and toddlers.

Join us for a FREE workshop to gain the skills and confidence to provide first aid to your toddler or infant.

Topics covered include CPR, managing burns, and a range of other childhood related illness and injuries.

Bookings Essential. No Cost. Light Refreshments Provided.

For Bookings: Contact Maggie Prater E: maggie.prater@education.wa.edu.au T: 9865 4500 Please present at the front office at 9am.

When: Wed 9:30 - 11:30am 13 March 2024 Where: Lake Grace DHS Padley Room. Meet at front office 9am.











Lake Grace District High School Parent Planner | Term 1 2024

Please note: This Planner is subject to change

WK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT/SUN
	22	23	24	25	26 Australia Day	27/28
1	29 January SDD School Open from 8-4pm	30 SDD School Open from 8-4pm	31 Students Start Dental Van Arrives	1 February Kindy Commence	2	3/4
2	5	6	7 Student Council Speeches /Voting	8 Newsletter	9	10/11
3	12 P & C Meeting & AGM @6.30PM Swimming Lessons	13	14	15	16	17/18
4	19 Swimming Lessons	20 School Board Mtg @ 7pm	21	22 Newsletter Share Assembly	23	24/25
5	26	27	28	29 Swimming Carnival	1st March High School tennis Champs (Cunderdin)	2/3
6	4 Labour Day Holiday	5 School Development Day	6 Yr 6 Sunsmart Tennis (Hyden)	7 Newsletter Year 1 Insert	8 Cricket Carnival Yr 4/5/6	9/10
7	11 NAPLAN	12	13 Tiny Tots First Aid	14	15	16/17
8	18 NAPLAN	19 Harmony Day School Board Mtg. @ 7pm	20	21 Year 6 GRIP Leader- ship Conference Newsletter Year 2 Insert	22 GRIP Secondary Leadership Conference Albany	23/24
9	25	26 Assembly (Year 3)	27 Interschool Swimming Carnival	28 Hat Parade Last Day of Term	29 GOOD FRIDAY Public Holiday	

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