



April Newsletter 2019

Doctors

• Dr Hall – Tuesday 2nd

Dr Chandan – 7th, 12th & 26th

• Dr Hedgland – Thursday 18th

Inside Newsletter

Individual Highlights:

Birthdays	2
Western bulldogs visit	3
Close the gap	4 -6
Becoming a writer	7
playgroup	8
HACC/CHSP	9-11
Homework group	12
Cross words	13-14
Calendar	15
Feedback	16



Birthdays

Jamarra Ugle–Hagan 4th
Tanaya Harradine 5th
Brian Medew 5th
Chayce Grinter 9th
Herbie Harradine 10th
Narrah Ugle–Hagan 11th
Ian Clark 12th
Tamara Clark 13th
Kerrie Proctor 15th
Brandi Litster 17th
Judy Neave 21st
Jessica Couzens 21st
Naomi Litster 21st
Jamie Leslie 24th
Grover Ferguson 29th
Mingarra Clark 29th

Sorry if any of the Birthdays are wrong. If so can you please come update your details at Reception
Thanks Admin Team



Community Notices

The Kirrae Health Service exists in order to Service the physical, mental and emotional health needs of the Framlingham Aboriginal Community in a manner that is effective, Culturally sensitive and acceptable to the Community.

What services do we provide?

- Primary health care services such as
- Assessment of health needs of the individual and the Community, and care of everyday health needs.
- Assistance to access specialised health care services at other places.
- Health promotion activities.
- Community playgroup.
- Programs to help families to support each other.
- Chronic disease prevention and management programs.
- In-home HACC services to assist elders live comfortably within their Community.

Remember to let the Reception know of any outside appointments as we need to let the health team know so they can transport you. Thanks

Walking Group

Tuesdays & Thursday 2pm @ Kirrae



Western Bulldogs Visit



Close The Gap Day

March 21, 2019

Thanks to everyone who came out for our first Close the Gap day here at Kirrae. It was amazing to see all of the people and visitors.

We started with an early morning walk or run then it was on to a tasty breakfast of bacon, eggs, spinach, mushrooms and wholegrain toast. YUM! Everyone enjoyed a great salad combo plate or sandwich later on for lunch to keep them going for the next round of activities.

Lots of health and fitness throughout the day with Basketball, T-Ball, Boxing and Yoga and the chance to help us 'design a hoodie' brought out some fabulous inner artists.

We had great services attending with people able to catch up with the Sheriff and Justice Staff, Diabetes Educators, Speech Pathology, Ngootyoong PARC, Physio and Podiatry. Lots of people were able to enjoy a massage across the day whilst the two masseurs worked their fingers to the bone.

We also enjoyed having some native wildlife education and learnt all about wombats, possums, snakes, dingo's and the cheeky nature of a Macaw named Charlie. (Let us not speak of his naughtiness!)

Thanks for helping us keep on trying to bridge the health gap.



Close the gap day at Kirrae





Help your child draw

Drawing is fun and help your child explore their world.

Drawing us an important form of play. Drawing helps children learn to write.

You can support your child by:

- Encouraging them to draw and talk to you about their drawings.
- Providing them with tools for drawing. E.g. paper, pencils, textas, chalk.
- Drawing with them and adding label's to some of their drawings.
- Loading free drawing apps onto your 'hand held' computer for them to use.

Playgroup

- Playgroup is on each Tuesday of the school term
- 10am till 12pm
- Healthy Snacks and water provided
- Followed by a healthy lunch
- Fun activities



HACC/CHSP

Dates for April 2019

2nd April

**Community Lunch -
Sweet & sour meatballs -
12pm
@ Kirrae**



23rd April

**Catered Social Support Lunch - 12pm
@ Kirrae**

24th April

**Bingo - 11pm to 2pm
@ Kirrae**

30th April

**Community Lunch -
Stuffed sizzle steaks - 12pm
@ Kirrae**

Planned lunches have a two week break in April due to the school holidays.

Recipes from community Lunches will be in the next month's newsletters so keep a look out for the healthy meals

Chinese sesame chicken

Ingredients

1 fresh broccoli

2 carrots

1 red capsicum

1 red capsicum

2 chicken breast

1 Ginger

Sesame seeds

Sesame oil

1tsp Tamari (wheat free soy sauce)

Method

1. Dice chicken and fry in sesame oil
2. In a bowl mix tamari, ginger garlic and sesame seeds, and pour over top of browned chicken. Allow sauce to thicken.
3. Slice the capsicums, carrot and cut up broccoli then steam vegetables
4. Mix together and sprinkle with sesame seed



Did you know that there are new Aged Care Standards?



Australian Government
Australian Aged Care Quality Agency

The new Aged Care Quality Standards



How will they influence your culture and inform your practice?

Be ready for July 2019
Visit www.aacqa.gov.au/guidance

Homework group

Homework group is happy to announce that one of our tutors Bridget has been coming back out to help the kids with homework. Homework staff would like to know if there is anything we need to change or do to get your child coming along to homework group.

We look forward to seeing some more kids at homework group and remember parents can come along to.



EASTER WORD SEARCH

Easter Word Search

E A T R C H O C O L A T E G H
G J G E G E A S T E R J E B N
S G E S A T L H H O D A Y S U
T F A L N G D E C O R A T E D
R L E R L A D A B I P O Y S C
G O G G R Y A C A R R O T E H
D W E S G I B B U N A N Y S I
U E P A R A D E J E L T S P C
C R J L A I N S A H O L I Y K
K S G E S J R S U N D A Y O A
L C A R S T A S B A S K E T N
I K S H J H B U N N Y E G S I
N G S A U I B L A T I P G S N
G I N J E N I J E L S O N G G
S P R I N G T U L I P A G D S



BASKET
BUNNY
CARROT
CELEBRATION
CHICK
CHOCOLATE
DECORATED

DUCKLINGS
EASTER
EGGS
FLOWERS
GRASS
HOP
HUNT

JELLYBEANS
PARADE
RABBIT
SPRING
SUNDAY
TULIP



CRAYONSANDCRAVINGS.COM

AUSTRALIA WORD SEARCH PUZZLE



BILLABONG
BRISBANE
DINGO
EUCALYPTUS
GOLD COAST

GREAT BARRIER REEF
KAKADU
KANGAROOS
KOALA
MELBOURNE

OUTBACK
PERTH
PLATYPUS
QUEENSLAND
SYDNEY

TASMANIA
ULURU
VICTORIA
WALLABY
WOMBAT

April 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Massage	2 Playgroup Community lunch	3 Chiropractor	4 Koko Blokes	5 Yoga	6
7	8 School hols	9 School hols	10 Chiropractor School hols	11 School hols	12 Yoga School hols	13
14	15 Massage School hols	16 S/S lunch School hols	17 Chiropractor School hols	18 School hols	19 Easter Friday School hols	20
21	22 Easter Monday	23 Playgroup S/S lunch @ kirrae	24 Chiropractor	25 Koko Blokes	26 Yoga	27
28	29	30 Playgroup Community lunch				

