

NEW mums embrace support



Mothers Nadine Whittome (left) and Jenny Rooney open Christmas presents with their daughters Megan and Isabella. Picture: Dominique Menegaldo

MOTHERS and babies who attended the new mothers' groups at Quinns Rocks Child Health Centre in 2006 had a visit from Santa at their Christmas party at Gumblossom Hall.

Organiser Rosalind Glasov said babies aged from two weeks to one year old joined in the Christmas festivities.

"Attending a first-time mothers' group is a fantastic way to meet other mothers experiencing the challenges of parenting, especially for those who are isolated from their extended family," she said.

"Mothers are able to share information and get some tips on surviving the early weeks.

"It helps break the social isolation, which is known to be a contributing factor to postnatal stress and depression."

For more information on new parent groups, telephone the local child health nurse.

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Allan wins Aspire medallion

GIRRAWHEEN Primary School Year 7 student Allan Jones has been awarded a BK medallion embossed with the boxing kangaroo as part of the Aspire school network program.

BK is the symbol of the Aspire school network and represents the same Aspire values of the Australian Olympic Team as they strive for success on the international sporting stage - attitude, sportsmanship, pride, individual responsibility, respect and express yourself.

Allan was nominated by his peers and teacher to receive the award.

"Allan has an outstanding attitude towards all sporting pursuits and constantly displays sportsmanship," teacher Robyn Brantley said.

"The BK medallion is used to recognise a student who has demonstrated one or several of the Aspire values in the classroom, the playground or on the sporting field.

"He is a fantastic role model to his fellow students."

The Aspire school network is a free, educational initiative of the Australian Olympic Committee.



Allan Jones

Honey ban sticks

CHRISTMAS hampers coming to WA from interstate were given quarantine inspections to ensure they did not include honey.

Bill Trend, senior apiculturist with the Department of Agriculture and Food, said the inspections were aimed at protecting WA's apiculture industry from disease.

Hampers were inspected for honey and any suspect produce confiscated.

Mr Trend said honey was prohibited from entering WA unless it had been heat-treated and was accompanied by a health certificate.

"Untreated honey and other apiculture products such as bee pollen and royal jelly in liquid form may contain ... diseases which could destroy bee colonies," he said.

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