Upcoming Events

Floral Friday last Friday of each Month

IULY 25-29 CEW 9am CEW Mass TI 29 Floral Friday AUG 10 P&F Meeting 15-19 Science Week 17 Father & Daughter Night 22-26 Book Week 26 Floral Friday 29-2 Literacy & Numeracy Week SEP 5-9 Child Protection Week 15 Last Day of Term 3

Please Note: All event dates or times may change

TS Cultural Festival

16

"I invite all Christians, everywhere, at this very moment, to a renewed personal encounter with Jesus Christ, or at least an openness to letting him encounter them; I ask all of you to do this unfailingly each day. No one should think that this invitation is not meant for him or her. since "no one is excluded from the joy brought by the Lord". The Lord does not disappoint those who take this risk; whenever we take a step towards Jesus, we come to realize that he is already there, waiting for us with open arms. "

Holy Father Pope Francis **EVANGELII GAUDIUM**



Thursday Island Campus Normanby Street, PO Box 544 Thursday Island, 4875 Phone: (07) 4069 2203 Fax (07) 4069 1645 secretary.ti@cns.catholic.edu.au Hammond Island Campus c/o PO BOX 544 Thursday Island, 4875 Phone: (07) 4069 2955 Fax: (07) 4069 2955



Term 3 Week 2

Friday 22nd July 2016

Dear Families,

As we commence Term 3, it is important for us to reflect on what makes us unique as a Catholic Primary School, as the significance lies in the difference in our identity, not merely our name.

The document **EDUCATING TODAY AND TOMORROW: A RENEWING PASSION** states that schools are places where people learn how to live their lives, achieve cultural growth and engage in the pursuit of the common good; they provide the occasion and opportunity to understand the present time and imagine the future of society. At the root of Catholic education is our Christian spiritual heritage, which is part of a constant dialogue with the cultural heritage and the conquests of science; Catholic schools are educational communities where learning thrives on the integration between research, thinking and life experience.



Catholic schools educate people, first and foremost, through the living context, i.e. the climate that both students and teachers establish in the environment where teaching and learning activities take place. This climate is pervaded not only by the values that are being expressed in schools but also by the values that are lived out, by the quality of interpersonal relations between teachers and students and students amongst each other, by the care teachers devote to student and local community needs, by the clear living testimony provided by our entire staff, parent and student community.

Although cultural contexts vary, as well as educational possibilities and influences, there are a number of quality hallmarks that Catholic schools represent:

- respect for individual dignity and uniqueness
- a wealth of opportunities that are offered to young people for them to grow and develop their abilities and talents;
- a balanced focus on cognitive, affective, social, professional, ethical and spiritual aspects;
- encouragement for every student to develop their talents, in a climate of cooperation and solidarity;
- the promotion of research as a rigorous commitment towards truth, being aware that human knowledge has its limits, but also with a great openness of mind and heart;
- respect of ideas, openness to dialogue, the ability to interact and work together in a spirit of freedom and care.

Next week we celebrate Catholic Education Week. The theme for 2016 is *Opening doors in the Year of Mercy*. We would love for you to share in our celebrations as a Catholic school. In support of our goal to strengthen our relationship between home and school environments, we have included a prayer that you may choose to reflect on throughout next week in your family home.

Due to sorry time on Hammond Island, Catholic Education Week will be postponed at Hammond Island Campus.

Take care and we look forward to seeing you all next week,

Sharon County Principal My name is Dianne Jakubiszyn-Simpson. I have been a working member of the Catholic Education Services within the Cairns Dioceses for the past 17 years. I welcome this opportunity to support the values of Our Lady of the Sacred Heart Primary School within the classrooms and in a leadership role alongside Mrs Sharon County. I have a strong commitment to the Catholic values and beliefs. I have a passion for educating and providing students with knowledge and life-long skills, to contribute effectively as a strong member of staff and become involved within the school community on Thursday Island.

Currently I teach Year 2 at St Joseph's, Cairns. I have had extensive experience teaching both upper and lower primary students. The opportunity to work at Our Lady of the Sacred Heart is one which I am truly grateful. During my years teaching I have had the chance to significantly develop my professional skills in working with my colleagues in designing units of work identifying best practices that embrace the



Australian Curriculum. I demonstrate a high level of commitment in developing and implementing curriculum ideas within my current school.

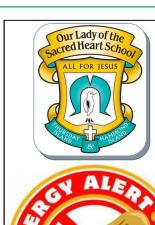
My passion for The Arts in Liturgy has led me to incorporate drama and liturgical dance throughout school masses and liturgies, always encouraging and facilitating parental participation in the liturgical life of the school. I look forward to celebrating Catholic Education week with the school community and next Friday welcoming parents and friends to attend a whole school mass followed by a shared sausage sizzle.

In this, the Year of mercy, the Holy Father reminds us that mercy is firstly a description of God's nature - God is about love unconditional. The theme set for this year is "Opening the Doors of Mercy'. We are all called to be instrumental in showing mercy and part of this is engaging with 'The Spiritual and Corporal Works of Mercy.' As Catholic Education Week is in week 3, it is a very appropriate time for all of us to engage children in the understanding of the Corporal and Spiritual aspects and what it looks like in our own community. Throughout the week the children will be participating in numerous class and whole school activities to celebrate Catholic Education week.

Di Jakubiszyn-Simpson (Miss J) Leadership Support

~ C H O I R N E W S ~ The OLSH choir will be performing for the elderly folk at the HACC centre next Thursday as a celebration of Catholic Education Week. Check your choir child's bag for a note giving all the details of this excursion. It is envisaged we will also sing at Star of the Sea in the following week.

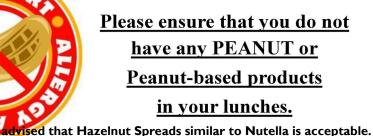




Notice to O.L.S.H.

We are now a

Peanut Free School



Term 3 Week 2 Page 3

Year 4 News

Congratulations to **Jacob** and **Christing** who were our class award winners this week. Well done on your confidence to complete all work with enthusiasm.

COULD ALL YEAR 4 STUDENTS PLEASE BRING IN AN OLD T-SHIRT/SHIRT FROM HOME TO USE AS AN ART SMOCK as soon as possible? THANKS.

THANK YOU to all the lid givers this week. Below are samples of what we will be making when we have enough lids to go on the wall in our corridor.





Please send MORE *plastic bottle lids* of any size/colour to your child's class as they each now have a collection bucket for us.

In Year 4 this fortnight we have had fun with;

- Getting back into the routine of school/homework and reading.
- Celebrating Charles and Jikidda's birthdays.
- Writing snail mail letters to our new pen pals from Riverton Primary School in WA.
- Experimenting with materials in Science-leak, soak or repel?
- Learning about skills in Hockey in PE.
- Preparing our Doors of Mercy for Catholic Education Week next week.



Left: Learning about Google slides and Bee Bots last term with <u>Miss Grant.</u>

Please contact us at the school/email below if you have any further queries,

Helen Osborne, Vimal Shankaran & Miss Tam

hosborne@cns.catholic.edu.au or vshankaran@cns.catholic.edu.au

Tuckshop Menu

The new Tuckshop Menu is available in the Office or via the Parent Information tab in the Skoolbag App.

Term 3 Daily Specials For \$5.50

Monday

Ham & Salad Wrap/Roll Chicken & Salad Wrap/Roll

Tuesday

Hot Dogs

Egg & Lettuce Roll

Wednesday

Coconut Curry Chicken & Rice

Thursday

Bacon & Egg Rolls

Friday

Bacon & Egg Rolls

Pizza

Party Pies (4 for \$5)

New to the Tuckshop Menu

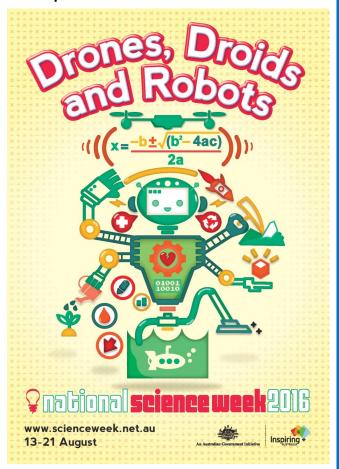
Traffic Light
Sandwiches
(Ham Sandwich
topped with
Tomato, Cheese,
Lettuce)

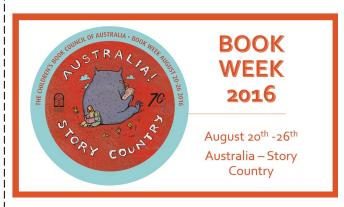


Don't forget to write your child's Name, Class and 1st or 2nd Lunch Break on their order packet.

Covered Shoes and Hats are compulsory.

A note from a parent is required if special circumstances exist.





The OLSH Newsletter is published every fortnight. If you would like a community announcement placed in the newsletter, please contact Sharon C o u n t y v i a e m a i l scounty@cns.catholic.edu.au

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Year 5/6 News

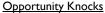
Hi all

Welcome back to term 3 everyone and an extra special welcome to Tyron Turton who joins us in Year 6 this term. Well it's been a hectic start to the term and it doesn't look like slowing down any soon. We have a lot of things on the go at the moment and I've listed some of them for you below.

The Martian

Space is our main focus in science, maths and English. To get the children all excited about the topic, we will be watching the movie "The Martian", which follows the story of an astronaut who is accidentally left for dead on Mars by his space crew. This movie includes some very cool science facts and activities and we will be attempting to investigate some of them as we learn all about our

neighbouring planets. Among other activities, we hope to grow some space crops and record how they respond to different coloured lights, as well as make a working model of our solar system. We also want to produce a digital record of our research and hopefully publish it on the web.



As you may have read in the note I sent home earlier, in religion this term, we will be focusing on the works of Saint Mary Mackillop. To help us get a feel for the work Mary undertook, we have decided to run an "Opportunity Shop" in our classroom. To get started on this project, we are asking the children to donate any good quality clothes they have grown out of or no longer wear. We will then put them on display in our room one lunch time each week, and younger students will be able to come in and purchase these clothes by way of a small donation. If there is sufficient demand, we may also open the shop to parents and other family members one afternoon after

I will supervise the Op Shop, but the students will run it. That way they will gain experience in retail activities, as well as getting to count cash and keep a record of the stock. All money raised from the sale of clothes in our Op Shop will be donated to a selected charity at the end of the

I believe this will be a very worthwhile way for the children to demonstrate and live out our Christian values, so if you are able to help out by going through your children's cupboards and finding good quality items for us to sell, it would be greatly appreciated.

<u>Chinese Lessons</u>
As you will see from the photos hereabout we have started Chinese lessons this term, through the use of our interactive whiteboard. This is a wonderful opportunity for the students to learn a language which is spoken by around 1.4 billion people.

Graduation and Senior shirts

We have formed a graduation committee and have got the ball rolling in order to prepare for the big day which is fast approaching our year 6 students. Can you believe there is only 17 school weeks left until they graduate? Anyway, many hands make light work, so if you would like to come along and help us get involved we would love to hear from you. Our next meeting will be held on Wednesday, the 17th of August at 4 pm in the staff room here at school.

In the next week or two, I should also have some artwork for our senior shirts for people to look at. We hope to get these printed and ready for sale as soon as possible, so I will be seeking feedback on the proposed design once the proofs have been received back from the printers.

Dioramas

Finally, I promised some photos of our Eureka Stockade dioramas and I have attached some to this newsletter. I thought the students did an excellent job with them and there were some thoroughly

Well that's probably enough for now. If you have any questions or would like more information about anything that is happening in our busy little classroom, please don't hesitate to contact me.

Regards

David Magner

Email: dmagner@cns.catholic.edu.au















Reminders from the Office

Student Absences

Contact the school office on 4069 2203 to report your child's absence from school.

You can also email the school secretary on secretary.ti@cns.catholic.edu.au or send a notification through the Skoolbag app.

Please advise the school by 9.30am.

School Fees

School Fees for Term 3 have been issued and will be due for payment.

Please come to the office to pay unless you have already made other arrangements.

EFTPOS facilities are available for easier payment of all monies due.

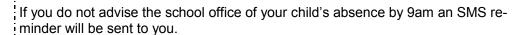
Thank you

Miss Patricia Nakata OLSH School Secretary



SMS Reminders

OLSH is implementing an SMS Reminder to Parents for student absences. In order to do this, the school will need to have an up-to-date mobile contact number for Parents.



The reminder will ask you to contact the school office preferably through the Skoolbag App or via phone on 4069 2203. You will need to provide a reason for the absence or a medical certificate from the doctor.

DO NOT REPLY TO THE SMS as it is an automated service that does not take replies.

Sign-In Register

When visiting the school during school time, ALL VISITORS including Family and Friends, must come into the office to sign in and sign out when leaving.

You will also need to sign-in and out when dropping off your child's lunch.

You must sign your child out at the Office if you are collecting them from school early.

Please make this known to any other adult authorised to collect your child as well.

This is a safety requirement in case any emergency evacuations occur, all visitors can then be accounted for.

If you have any questions about this requirement, please contact the Principal, Mrs Sharon County on 4069 2203 or email scounty@cns.catholic.edu.au

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Information from the School Counsellor

Anxiety or Aggression? As School Counsellor I often see children who initially present with 'disruptive' behaviour. However, knowing that a behaviour is an attempt to communicate something I try to explore what the intended message is. Rarely does a child want to be aggressive or disruptive usually it is some anxiety that they are unable to communicate effectively. Interestingly, when the unwanted behaviour persists the child is likely to get some attention. Therefore you could say that is the first step to being effective! However, by this stage we often focus on the consequences and forget about dealing with the cause.

Anxiety happens when a part of the brain, the amygdala, senses trouble. When it senses threat, real or imagined, it surges the body with hormones (including cortisol, the stress hormone) and adrenaline to make the body strong, fast and powerful. This is the fight or flight response and it has been keeping us alive for thousands of years. It's what strong, healthy brains are meant to do.

An anxious brain is a strong, healthy brain that is a little overprotective. It is more likely to sense threat and hit the panic button 'iust in case'.

For kids with anxiety, any situation that is new, unfamiliar, difficult or stressful counts as a potential threat. The fight or flight response happens automatically and instantaneously. Every physical symptom that comes with anxiety - fast beating heart, sick tummy, clammy skin, vomiting, shaky arms or legs - is because of the surging of neurochemicals. If the threat was real, they'd be fighting for their lives or running for it. When there is no need to fight or flee, there is nothing to burn up the neurochemicals and they build up, causing the physical symptoms of anxiety.

Anxiety is often associated with avoidance or clinginess but it doesn't necessarily always present itself in this way. The physiological driver is the same - a brain under threat - but instead of flight, it initiates fight. It doesn't matter that there's nothing at all there to worry about. When the brain thinks there's trouble, it acts as though it's true.

So what can we do?

If anxiety is having a hand in disruptive behaviour, the signs of anxiety will still be there in some way. We can look for avoidant behaviour, sick tummies, headaches or uncontrollable reactions such as fast beat, shaking arms or legs. Any of these might be a clue that anxiety is hard at work. Take note of when the disruptive behaviour/meltdowns happen. Is there a pattern? Do they seem to happen more in unfamiliar situations or situations that might overspend your child's emotional resources? Could it be related to a similar previous difficult situation? Talk with your child about how they feel and what might be worrying

An anxious brain is a very protective brain, and it will be quicker to hit the alarm, even when there is no need. This could happen in response to unfamiliar situations or people, playground scuffles, criticism, disappointment, threat of embarrassment or failure - anything that could potentially trigger the feeling that something bad may be about to happen.

As part of growing up, children will regularly find themselves in unfamiliar situations where they have to negotiate and learn strategies for dealing with the world and it's people.

As the adults in their lives, it's important for us to be open to the possibility that beneath an aggressive, disruptive child is an anxious one looking for security and comfort. If anxiety is at play, dealing with aggression as bad behaviour will always inflame the situation. Obviously there is still a need to talk about the consequences of their actions and the effect this has on them and others around them. However, dealing with it as anxiety will give children the strategies and support they need to find their way through, as well as teaching them vital skills that will hold them strong for the rest of their lives.

Veronica Sandall

Veronica will be back on TI and Hammond in Week 6 from Monday 15 to Friday 19 August.

Please contact Veronica directly to make your appointment (vsandall@cns.catholic.edu.au)

P & F Association News

Congratulations to the Executive Committee Members of the Parents and Friends Association of Our Lady of the Sacred Heart School who have recently accepted their positions.

> President - David Foster Vice President - Bernadine David Secretary - Rebecca Stevens Treasurer - John Murray





Hangouts

Our school community is extremely proud of the recent accomplishments in the area of technology access on Hammond Island. We are now able to offer video conferences via Google Hangouts so that all parents have the choice to attend a P & F Assoc. Meeting on either Hammond or Thursday Island, linking up with each other through technology.

These opportunities allow us to strengthen the connections within our school community across both campuses.

Chinese Lessons from China

The Year 4, 5 & 6s have started receiving Chinese lessons from our personal tutors in China via Skype. Both classes have their lessons on Wednesdays. The Year 4s at 12.30pm and the Year 5/6 Class at 1.45pm. Parents are welcome to observe during one of these sessions.





St Mary's College Visit

Right: Tom and the students from St Mary's College showing OLSH some of their special dance moves.

Right: OLSH Choir performing with our visitors from St Mary's College, Maitland.

Thank you to St Mary's College Students and Staff for spending so much time with us this year. They helped with our Athletics Carnival, Under 8s Day and with the OLSH Choir. They also got to visit our Hammond Campus, Gab Titui Cultural Centre and the Friday Island Pearl Farm.





Hammond Campus News

Hello Parents/Caregivers,

Welcome back to Term 3, I hope all children and families enjoyed their holidays with families and friends. Yes, we are ready to provide, support, share, accept and nurture with a range of activities to engage and develop their social and physical motor skills and to enhance fine motor skills by being proud of ourselves of having a go with new challenges and taking a risk.

Nursery Rhymes is our main focus and you may hear them being sung by your child at home. Sing along with them and share the rhymes that you are familiar with from your background knowledge. This may spark an interesting conversation with your child. We too have the opportunity when available to view Nursery Rhymes on our interactive whiteboard. Please feel free to join in our daily programme as we would love to have your participation and ideas.

Use of the iPads will continue for the children this term as it provides literacy and numeracy activities that enable them to make choices into their preferred learning area.

We are looking forward to Catholic Education Week which starts next week in week 3. Be ready for some fun with your child as they demonstrate the different types of activities and may challenge you. This particular week is highly focused on how your children perform and demonstrate participation in and out of class.

Kind Regards, Mrs Ball & Miss Harriet Pre-Prep Staff – Hammond Campus Term 3 Week 2 Page 9

Help with Paying your Fees

Dear Parents,

As we enter Term 3, we would like to remind families of the various ways that we can support families in our school community in relation to paying school fees.

Please visit the Thursday Island Campus front office to be supported in the following ways:

- I. If you have a current Health Care Card, you are entitled to a discount on your school fees. Please provide your Health Care Card to Patty Nakata, the school secretary, to process the paperwork to receive this discount for your children's fees.
- 2. If you would like to have your school fees regularly taken out of your Centrelink payment, please complete the relevant paperwork with Patty.
- 3. If you would prefer to make direct debits on a regular basis, please complete the relevant paperwork with Patty.
- 4. If you would like to make payments using EFTPOS, we now have an EFTPOS machine at the front office for your convenience.

Term 3 statements are about to be forwarded to families. If you are not receiving these statements, please phone Patty on secretary.ti@cns.catholic.edu.au to request a summary of your statement.

If you would like to meet with me to discuss your school fees, please do not hesitate to contact me on scounty@cns.catholic.edu.au or phone 40692203.

Take care, Sharon County



Prep & Year 1 News

Hello everyone and welcome to term 3!

It is so good to be back at school as I missed everyone while I was away!

We have had such a great start to the term and all of the kids seem to be settled and into a good routine.

First of all I would like to say a big welcome to Estelle and Joseph who have joined our class this term. They have settled well into the prep/I class, and they both won student of the week awards this week for showing all 5 keys of success- organisation, confidence, persistence, resilience, and getting along! Well done both of you- we are so happy to have you in our class!

On Wednesday, we had our first session of 'Rescue Roos'. The students really enjoyed learning about what to do in emergencies and we are looking forward to learning more each week!



WELCOME Joseph and Estelle!

Next week is Catholic Education week, and on Friday the 29th July at 9am there will be a school mass followed by a barbeque for families to come along. Also, the prep/I class has decided to help the community by donating spare toys and clothes to child safety. So please bring in any unused or unwanted toys and clothes to the prep/I class so we can show God's love to the children in the

community who need it.

Thank you and have a great weekend!

Miss Sascha and Miss Nadine.





2016 Torres Strait District 11-12 Girls Rugby League Peninsula Carnival, Jones Park, Cairns, 19 July 2016

Year 6 student Methraima (May) Fauid was selected to attend the GRL Peninsula Carnival in Cairns. Although May did not get selected to represent the Peninsula Team, she did have a great time playing in the competition with girls from all over the Torres Strait, NPA and Cairns Region. The Tagai team were undefeated in all their games and won the final against Tully 20-8.

The girls played some of their games in the rain but endured to win all their rounds. Four girls were chosen for the Peninsula Team and three girls as shadows. Well done to all who participated. The girls even got to go the Cairns Show on Wednesday night to end their successful trip with some fun.









Term 3 Week 2 Page II

Year 2/3 Class News by Miss Emma Lovell

What a fabulous start we've made to Term Three! I would firstly like to say a BIG welcome back to everyone, and a special welcome to **Jacob Manaena** who joins our class in Grade Two.

Congratulations to **BLUE GROUP** for winning the team prize at the end of last term. We had a fabulous time sharing a class picnic. We've also had our first tie in the team competition which saw **PURPLE** and **YELLOW** groups sharing the honours last week.

Well done to **Hunter** and **Patrick** who were awarded Students of the week at the end of Term Two. **Hunter** received an award at the beginning of Term Two for making his best efforts and then again in the last week for being so consistent throughout the term. Well done to **Patrick** who has also been working well to put in his best efforts. Keep up the great work. Last week saw **Jacob** and **Abbi** as our Students of the Week. **Jacob** has shown confidence, resilience, getting along and organisation skills to settle into his new class. He has also been very persistent in his class work, writing some fabulous stories! **Abbi** has been making a great effort to be more organised this term. She has been checking the guitar schedule and ensuring she has all of her equipment ready to learn. Well done!

Dyshart, Ahliyah, Brendan, Benjamin, Rina, Matilda and Emily were all reading stars last term with Lahni winning our major SUPER STAR READER award. Lahni chose the book Treasure Fever, by Andy Griffiths as her prize. Keep up the fabulous reading everyone to increase your chances of going into the draw this term.

We really ended last term with a bang. The school drama performance, Cinderella Bigfoot, was an absolute hit and everyone had a ball dancing the night away at the disco afterwards.

Athletics Day saw many of our students on the track and field performing to their strengths. Well done to **Tashaun**, **Zeb**, **Shauna**, **Lahni** and **Ned** who were awarded age Champions in their respective age groups. Fabulous effort team!

There was an amazing buzz throughout Under 8s Day. All students had a lot of fun exploring and participating in the many activities on offer.

This term is already shaping up to be just as exciting. We are exploring God's Creation in Religion and how we are called to care for each other and our world.

In Science we have been investigating what melts and the reasons why some substances melt. What things do you see melting in your home? Have you melted butter in a pan to cook dinner? Did someone leave the icy-poles out of the freezer?

Mr Shankaran has started developing hitting, throwing and passing skills in PE along with Mr Morgan who is presenting the RESQ ROOS safety unit to the class as part of our Health unit. Mr Shankaran is also working with Grade 2/3 to explore Australia's Neighbours in Geography.

In Maths over the past two weeks we have been learning about different strategies to solve problems. We also have our Times Tables Champion Cards in action, so keep practicing your times tables in order to fill up your Cards.

In Literacy we are working to write simple, compound and complex sentences. We have also been using facts that relate to a topic to write informative texts.









Sport News













Doyle Wins Again!

We now have the final points and age champion winners for the Athletics Carnival held last term.

The overall team winners are Doyle with 326 points. McDermott came in next with 256 points and Barrett with 192 points.

This is the 3rd consecutive carnival win for Doyle taking out the Swimming Carnival and Cross-Country as well. Congratulations Doyle! Well done to all the students who have earned points for all their teams.

Athletics Carnival Age Champion Results:

Age Champion	Воу	Girl
2003	Max Harrington	Karla Mills
2004	Jack Lynch	Amelya See Kee
2005	Paikai Nagibu	Methraima Fauid
2006	Debah Fauid	Lilly-Ana See Kee
2007	Tashaun Benjamin Zahdein Bowie Zeb McGuire	Jordan Maneana
2008	Caden Pearson	Millahnia Carswell Shauna Sagigi
2009	Sylis Ahmat Ned David	Fhistina Pearson-Nona
2010	Eddie Stevens	Ivanka Mills
2011	Chase Davies	Alaila Ball Elsie Dorante-Garnier

School Counsellor Visits

Veronica Sandall is the Our Lady of the Sacred Heart School Counsellor and is available for contact via email or through the school office.

Her email address is:

vsandall@cns.catholic.edu.au

She visits this school every three weeks and her next visit is Week 6 of Term 3 (Monday 15 to Friday 19 August).



Skoolbag is one of the ways the school communicates with families. It allows the school to send through push notifications or emails (to subscribers) with urgent information or just reminders to school events. The newsletters are also available on Skoolbag.

Another benefit of Skoolbag is that you can notify the school of your child's absence via eForms.

It is a free app available on smartphones or tablets.

Skoolbag information can also be viewed through our OLSH webpage at www.olsh.qld.edu.au.

Instructions on how to install Skoolbag onto your device can be obtained from the office.