SAFE RESPECTFUL LEARNERS WORKING TOGETHER TO ACHIEVE THEIR BEST

ASSISTANT PRINCIPAL'S **MESSAGE**





SCHOOL CONTACTS

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Dear Families and Staff,

Well, it is hard to believe that I am writing the last newsletter for Term 1. What a busy term it has been! The students have been engaged in their learning journeys and teachers and staff continue celebrating all their achievements.

Highlights this term

- Our staff have engaged in professional learning and worked to further provide engaging learning experiences. Thank you to Gail Preston who has provided further professional learning for our staff on the Structured Teaching framework that is used across the school.
- Staff have completed First Aid Training, Swim Rescue Award and CPR to ensure that a range of specialised programs are available to all students.
- There have been various excursions and whole school events such as Healthy Harold where students gained valuable lessons in developing and maintaining positive relationships and healthy lifestyle choices.
- The BEAT choir attended the first cluster rehearsal at Ludmilla Primary School on Thursday 30th March. The students are working enthusiastically to learn the songs for this year's BEAT festival, Courage.
- We have had school photos as well this term and it was wonderful to assemble all staff and students for a whole school photo in the playground - lots of smiles and laughter!
- Our upper primary students will begin rehearsals for our annual School performance, Escape from Mystery Island.

We hosted our Twilight Harmony Day celebration on Friday 31st March at 5:00pm-6:30pm. These performances were shared:

- 1. Sareesha performing dance from Darshan Salam
- 2. Jill and Yasuyo playing Japanese Koto instrument
- 3. Macondo Columbian Dance Group

Pupil Free Days: Starting in 2023, the way schools can hold Whole School Professional Development Days has changed! Schools can now hold five professional development days across the year. Please see Page 10

School Council: Last week the School Council held its AGM. We warmly welcome the new Council, on page 10 and also extend a huge thank you to Rachel Albion who has stepped down from being chairperson after a number of years in the role. We look forward to working with the new Council over the next 12 months.

As this is the final newsletter for this term, I wish you all a wonderful Easter break and safe and restful holiday. School will resume Tuesday 18 April. Looking forward to seeing all our students return to school then.

Week 10 Assembly - 6/4 Good Friday - 7/4 Easter Sunday - 9/4 School Holidays - 7/4 - 16/4 Pupil Free Day - 17/4 School Returns - 18/4 ANZAC Day Public Holiday - 25/4 Week 2 Assembly - ! May Day Public Holiday - 1/5 Week 6 Assembly - 25/5 King's Birthday - 12/6 Primary Performance - 15/6

BIRTHDAYS - APRIL AND MAY

Aaric Dieume Aarif Drazic Aiden Ellie Alanie **Enriques** Alice Ethan Anthony Faith Archie Harry Charlie Keanu Chelsea Lucas Cooper Lucy Dante Marius David Nasir

Navaro **Nicholas** Oliver Rosey Rupert Rylan Tama **Tervarnius** Vethuja Zaijian Zavier

isthday

Nemarluk School is wishing you a very Happy Birthday. Have a great day





HARMONY DAY

Karama had their Harmony Day celebrations on the 28/3. There was lots of food, dancing and even a smoking ceremony. There was a guest dancer and Dion was so eager to join in, that he made his way to the stage within a minute of the performance and stole the show. He is a real jitter bug. Everyone had a great time and finished off the day full of delicious food.



The students at Manunda celebrated Harmony Day by dressing up in costumes from different countries.



This week, Room 13 have been learning about inclusiveness, respect and diversity in celebration of Harmony Day. We have learnt about the traditions and celebrations of cultures around the world through literacy, research and art activities. We welcome families to join our whole school celebrations on Friday 31st March!







KING PIN EXCURSION

Millner and Wanguri satellite classes joined together for an excursion to King Pin. Students interacted with familiar and unfamiliar peers when connecting with teammates in bowling groups. Students celebrated their own and their teammates success, they engaged in turn taking activities and displayed school values of being safe in the community.

We found bowling to be a wonderful way to enhance students' math skills by adding scores and recognizing numbers. It was a great way to celebrate the first term of the year.





MANUNDA 1

Manunda 1 class is participating in the Healthy Eating Program again this year. The students really enjoy doing the shopping at Karama shopping centre buying food to make tasty and healthy meals.

They are learning how to make a shopping list, how to look for products and how to pay at the checkout. The students love eating chicken wraps with lots of salad; they are getting really independent when serving their own food. Yummy!



WULAGI

Our class had a wonderful time visiting the Wulagi Pre-school on 23 March, and our students had lots of fun learning and playing with the little ones.







HOT DOG DAY - CANTEEN DAY



The Nemarluk School Council are trialling a canteen day once per term this year as our campus students don't get the opportunity to access a canteen. The goal of these Canteen Days is to raise money which will go towards the development of our Early Childhood Playground, as well as other infrastructure around the school.

Last Friday was our first Canteen Day, and we all treated ourselves to a Hot Dog. We would like to send a massive thank you to Coles on Bradshaw Street and Joel Bowden - Member for Johnston for their generous donations, and also to the staff members and families who donated on top of purchasing lunch. All of your donations are appreciated and help cover the entire cost of the items we purchased!

Last, but certainly not least, Friday wouldn't have run as smoothly as it did, if it wasn't for Meagan Dempsey from Top End Electrical. Meagan is a member of our school council, and she always goes above and beyond for the staff and student at Nemarluk. Not only did she donate, but she also spent her Friday on campus cooking, preparing and serving Hot Dogs. You are a star

We Raised over \$300, which puts us one step closer to the development of our Early Childhood Playground. Term 1 Canteen Day was an absolute success, and we are definitely looking forward to Next Term!





CLEAN UP AUSTRALIA DAY

On Friday the 10th of March, our students went on a mission to make our school as tidy as possible. We are so proud of all the amazing Nemarluk rubbish warriors who make an effort day in and day out to keep our school clean.





HARMONY EVENING







ADMIN TEAM

Mank







Nemarluk school is so lucky to have the most amazing admin team working with us. They are the first point of contact for anything that comes in the door, over the phone and by email.

Michelle, Maria and Erin love seeing the smiling faces of the students each day and listening to their stories. Although they are always busy working, they are never too busy to stop and help someone out or listen when it is needed.

Thank you, ladies, we all love you here and appreciate everything you do for the students, parents, carers and all the staff.

MOVE AND LIBRARY TEAMS THE RELEASE. MEET

















Our **Release Teachers** all have a department in which they specialise in. We have sport, music, gardening, cooking, sustainability and drama teachers who do an amazing job at engaging and supporting our students in the different curriculum areas. Not only do they run their own classes, but they are also always ready to step into any room, as a relief teacher, and pick up directly where the class left off. Over the year, our Release Teachers do an outstanding job of organising and producing events such as Sports day and the school performances. They are very valuable and important, and we are so grateful to have them at Nemarluk. Thank you Tina, Arlene, Hennie, Anthony, Scott, Sonja, Julie, Deborah and Jon.

This group of people consists of our release

team. MOVE program team and librarian.









We have two amazing women, Deni and Mel, who are in and out of the school pool most days. They spend a lot of their time teaching, assessing and grading our students during their swimming lessons. Deni is in charge of the MOVE (Mobility Opportunities Via Education) program at Nemarluk, and is assisted by Mel. The MOVE program focuses on students who have specific individual program goals around

developing their mobility skills. These two gems are great with the kids and rarely fail to put a smile on everyone's face.

Trish is our one-of-a-kind librarian and is our organisation queen. She looks after our in-house library, student book club, math resources and organising book displays for events and themes throughput the year. Thank you Trish!



SUSTAINABILITY

Early Childhood students are engaging in learning about planet earth, through songs, visual presentations and hands on activities.



ARTHUR PAINTED THE BLUE PLANET EARTH, TRACED AND GLUED HIS HANDPRINTS AND IS COLORING IN A LOVE HEART TO SAY 'I CARE TOO".

DANTE FORMING
PLANET EARTH OUT OF
PLAY DOUGH WITH A
RED LAVE CENTER IN
THE MIDDLE

ERIKA IS PRACTICING
HER FINE MOTOR SKILLS
TO TRACE AND GLUE
PAPER PRINTS OF HER
HANDS TO MAKE A

PLANET EARTH DISPLAY

ARI IS LEARNING THAT
THE EARTH IS OUR
HOME AND THAT ITS
SHAPE IS ROUND

TERM 1 WEEK 6 CLASS AWARDS



At every assembly a student/s from each class, on campus and off campus, receive an award for demonstrating and following the school values of being safe, respectful and a learner. Congratulations to the students below, keep up the great work!!

ROOM 1
DIMITRI
GIOVANNA

ROOM 3
ARTHUR

ROOM 4
ADELINO

ROOM 5
KAILEM
DARCY

ROOM 6 VETHUJA ASHER ROOM 7
EMILY

ROOM 8
HARRISON

ROOM 11

LAWERANCE

ROOM 12

KANYE

ROOM 13

MANOLI

ROOM 14

FRED DAUDI KARAMA

DION BRADLEY MANUNDA 1

AMIKA ALICE MANUNDA 2

MITIELI NASIR

STUART PARK 1
ANTHONY

STUART
PARK 2
SAM
JACOB

MILLNER 1
BRADFORD

SELENIA

FAITH LOUISE WANGURI NATALIE NAVARO WULAGI PASINEE SAVVAS NIGHTCLIFF ATHALLAH





2023 SCHOOL TERM DATES

Term	Start	Finish		
Holidays	Friday 7 April	Sunday 16 April		
Term 2	Tuesday 18 April	Friday 23 June		
Holidays	Saturday 24 Jun	Monday 17 July		
Term 3	Tuesday 18 July Friday 22 September			
Holidays	Saturday 23 Septemer Sunday 8 October			
Term 4	Tuesday 10 October	Thursday 14 December		
Holidays	Friday 15 December	Tuesday 30 January 2023		

PUPIL FREE DAYS

Starting in 2023, how schools can hold Whole School Professional Development Days has changed!

Schools can now hold five professional development days across the year.

Day	Date	Information
1	First day of Term 1	This day will apply to all NT Government schools and cannot be changed
	First day of Term 2, Term 3 and Term 1	This day can be rescheduled to later in Term 2, Term 3 and Term 4, depending on the needs of the school. The school will notify you in advance if the professional development day is being rescheduled so you can plan for holidays and days when students may not be at school.
5	Last day of Term 4	Schools may choose to conduct after hours professional learning throughout the year instead of on the final day of Term 4. This won't impact students as school will finish the day before the last day of Term 4.

Please note that school will start on Tuesday 18 April for Term 2.

SCHOOL COUNCIL

This week, on Monday the 27th of March, the School Council held its AGM, where we warmly welcome the new council for 2023.

Parent representatives:

Sally Lawrence
Meagan Dempsey
Rob Lee
Carissa Lacco
Richelle Kent
Caleb Cardno



<u>Secretary</u> Meagan Dempsey





We also want to extend a huge thank you to Rachel Albion who has stepped down from being chairperson after a number of years in the role. Thank you for everything you did!!











Tip sheet: Food, fluids and fun!

Eating and drinking well for successful toilet training

Successful toilet training is more likely when your child enjoys a healthy diet and is as physically active as possible. Parents and carers can set an example by eating a variety of nutritious family foods, drinking water regularly and joining their children in active play and other activities.

Look for ways to create a happy, child-friendly eating environment with few distractions. If your child needs assistance with eating or drinking, ask for help from your child's therapists. You may need to talk to a speech pathologist and/or dietician, physiotherapist, or occupational therapist.

Fluids - remember WATER!

Water is important for every system in the body. For example, it is needed to control body temperature (by perspiration), to digest and absorb food, and to help in getting rid of waste (poo and wee). Because water is continually lost from our bodies we need to drink fluids regularly. For both bladder and bowel to work well, the most important dietary factor is regular fluid intake.

Water is the most effective drink, whether tap water or fizzy water (plain mineral water or soda water). Drinks such as cordial, fruit juice, soft drink and 'energy' drinks are not helpful due to their high sugar content. It is best to avoid or limit these drinks, especially for young children.

Although milk is a fluid, it should not be relied on as a main source of water. It is a good idea to avoid too much milk and milk products – more than 500–600ml (about two cups) of milk or its equivalent each day will usually fill up small tummies and limit appetite.

Suggestions for encouraging your child to drink water:

- Drink water with or in front of your child so they see you enjoying it.
- · Some children prefer chilled water; others like it warmed.
- Add a squeeze or slice of orange or lemon.
- Keep a jug or bottle of water filled for the children who can help themselves.
- If you do offer fruit juice, limit it to once a day and add a little water to it as if it were cordial: one part juice mixed with at least five parts water. Fizzy water may be more interesting than tap water.

- Buy a novelty type of water bottle for your child and leave it lying around; have one for yourself too. Take them with you when you go out.
- Add different-shaped ice cubes or ice cubes with fruit frozen inside.
- If you do use cordial, use a sugar-free or diet cordial made up to a very weak concentration. Diet products contain sweeteners such as sorbitol which can irritate the bowel and cause diarrhoea when taken often or in large amounts.
- You could try adding a dash of food colouring to make water look like cordial.

Children who have good daily water intake will produce good amounts of wee and their poo will be soft so they are less likely to become constipated. Constipation not only affects the passing of poo but can lead to tummy discomfort and loss of appetite (see the tip sheet Constipation).

Family foods

Your child will be well nourished if a variety of foods is offered through a balanced family diet which includes foods from all four food groups and includes enough fibre and water. The four food groups are: breads and cereals; fruit and vegetables; milk and milk products; protein foods including meat, fish, poultry, eggs, and legumes such as beans and peas and nuts.

As a parents or carer you have the responsibility to buy, store and prepare a variety of nutritious foods for your child. You should offer them regular small meals or snacks from all the food groups. It is your child's responsibility to decide whether and how much to eat.

Fibre is the part of plant foods which the human digestive system cannot break down; it passes through the bowel almost unchanged, depending on the type. Fibre is present in different forms in food. Cereal products are rich in one type while fruit and vegetables are usually rich in a different type of fibre. It is important to eat some of each every day.

Wholemeal cereal or grain products contain bran which absorbs water to increase the bulk and softness of the poo and helps the poo move through the bowel. Remember, unprocessed bran is NOT recommended for young children.



Aim to offer different breads and cereal products every day, and choose wholemeal where possible. The following are examples of cereal and grain products your child may enjoy:

- · sliced bread, bread rolls
- bagels
- pita bread, chapatti
- · toasted crumpets, muffins
- · scones, pikelets
- porridge oats, ready-to-eat breakfast cereals, muesli products
- crackers, crispbreads, breadsticks (grissini)
- · pasta, rice.

Fruit and vegetables contain many nutrients as well as fibre. They are usually a good source of water, which may make up about 70–95% of the fruit or vegetable, depending on the variety and method of preparation (raw, cooked, canned).

Children may be encouraged to eat small servings throughout the day as part of their meals and snacks. The following are some suggestions for making fruit and vegetables attractive to children.

- Almost any fruit or vegetable may be eaten raw if the child has the skills to do so. Raw vegetables will usually have a more pleasant, sweeter taste than the familiar cooked taste which may be less liked by younger members of the family.
- Raw or cooked versions may be made safe for younger or less able children by grating or blending.
- Serve salad vegetables on a plate rather than mixed together in a bowl.
- Make soups such as pumpkin, chicken and sweet corn, lentil. Use a blender to grind the vegetables if your child prefers smooth soups.
- Share a plate of cut-up fruit or vegetables; served with a simple dip such as yoghurt or cream cheese.
- Make fruit kebabs threaded on icy pole sticks.
- Offer dried fruit such as sultanas, apricot, peaches, pears, pawpaw, banana.
- Blend fruit with milk and/or yoghurt to make fruit smoothies.
- Make vegetable patties.
- Try adding mashed banana, stewed or grated apple, berries, or dried fruit to home-made muffins.
- Serve vegetables with cheese sauce or topped with grated cheese.
- Include grated or small pieces of vegetable in casseroles, hamburger, pasta sauce, meatloaf.

Nuts and nut products are nutritious foods which contain good amounts of fibre. If tolerated, they may be eaten by older children – plain, chopped or as ground nutmeal (almond, walnut) added to cereal, salad, fruit or yoghurt or as spreads/butters on bread and crackers, or as dips. Note: Processed fruit products such as fruit sticks, fruit bars, fruit leathers or roll ups are generally not suitable choices for fruit because they contain high amounts of sugars. These foods are dried so do not provide any fluid.

Remember – do not give whole or chopped nuts to young children as they can easily be inhaled, causing choking.

Activity

Regular physical activity is an important factor for everyone in keeping their bowels healthy. Even gentle exercise, to your child's level of ability, can be helpful in stimulating the abdominal muscles and the bowel. If your child is not walking or needs assistance to move, you can ask a physiotherapist for suggested activities, especially those you can do as a family.

Further information about healthy diet for children and families

- www.goforyourlife.vic.gov.au
- www.raisingchildren.net.au
- · www.healthyactive.gov.au
- www.freshforkids.com.au
- · www.marketfresh.com.au

Information about physical activity for children and families:

- www.sportrec.qld.gov.au/Getactive.aspx
- www.healthyactive.gov.au/internet/healthyactive/ publishing.nsf/Content/publications-1
- information fact sheets about the digestive system and how it works: www.gesa.org.au/





in partnership with

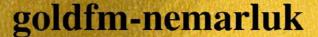
Nemarluk School

GOLDEN TICKET

Congratulations to you, the lucky holder of this Golden Ticket! You have been granted <u>complimentary</u> access to the incredible Gold Family Membership by The Root Cause for 12 months!

To redeem visit therootcause.com.au/goldfm or scan this QR code: Checkout using the code below for your 100% discount!







The Root Cause is a national health transformation social enterprise, with Certified Instructors serving their local communities around Australia. We Stand for Children's Health.

Their vision is to create a generation of healthy, food-literate children who choose real food every day; enabling them to be better learners, more successful students, and go on to help build stronger, healthier, more sustainable communities.

BANANA SMOOTHIE PANCAKES FOR BREAKFAST

Ingredients:

- 2 bananas
- 1/2 large avocado (or whole small one)
- 1/2 cup mixed nuts (eg. brazil, walnuts, almonds, cashews)
- Pinch of cinnamon
- 1 cup of milk of your choice (for this, I used Pure Harvest Coco Quench – combo of Coconut and Rice milk)
- 2 eggs
- 1 overflowing cup self raising flour (I used Orgran Gluten Free)
- 1 cup LSA (linseed, sunflower seed and almonds)
- 1 cup Water
- · Coconut oil to cook pancakes

Method:

- 1. Add 1 banana, the avocado, nuts, cinnamon, milk and eggs to a blender, blend
- 2. Add the flours and blend again
- 3. Add water and blend until smooth
- 4. Mash the second banana, and stir it through the mixture this will give it a lumpy texture and also a some nice squishy banana bits when cooked. If you think your family would prefer no banana chunks in their pancakes, omit this step and include both bananas in step 1
- 5. Warm a pan over high heat, add a little coconut oil to the pan (I use a coconut oil spray for this)
- 6. Turn the eat to low. Using a soup ladel or 1/3 measuring cup, pour patter into your pan, then gently lift it a little to swirl the mixture in the pan into a pancake shape
- 7. When little bubbles just start to form, use an egg slide to gently lift the pancake a little to check if it's cooked. If so, gently push the slide all the way under and flip
- 8. Cook on the other side





AUTISM MONTH APRIL

Bunnings Sausage Sizzle

Sunday 2nd April @ Bunnings Palmerston

Join the Autism NT Team on the 29th of April at Bunnings
Palmerston between 9am and 4pm, and grab yourself a
traditional Bunnings Sausage.

VOLUNTEERS REQUIRED - Contact the Autism NT Office

Be Awesome for Autism Raffle

Running throughout the month of April - Available (through the office or at our events.

Tickets available to go into the draw to win one of three amazing packs donated by Bunnings Palmerston.

Ticket Pricing: \$5 each or 3 for \$10





2023 Annual Autism Walk

Saturday 29th April @ Sunset Park, Nightcliff

Join Autism NT and walk to raise funds and increase awareness, acceptance and understanding of autism in the NT

Be there at 8:30am for a 9:00am start.

(08) 8948 4424

events.autismnt.org.au/event/2023-autism-month Visit the Autism NT Facebook page for more information





autismnt

AWESOME FOR AUTISM



SUNNINGS warehouse

Throughout the month of April, Autism NT will be running the **Be Awesome for Autism** Raffle proudly donated by **Bunnings Palmerston**

Purchase your raffle tickets at the Autism NT Office, Bunnings BBQ (2/4), the Annual Autism Walk (29/4) or contact the office on (08) 8948 4424

Ticket Pricing: \$5 each or 3 for \$10

DRAWN ON THE 29TH OF APRIL

10:30AM, 29TH APRIL - SUNSET PARK, NIGHTCLIFF

(08) 8948 4424

events.autismnt.org.au/event/2023-autism-month Visit the Autism NT Facebook page for more information



Tickets will be available very soon. Keep an eye on our Facebook page and on Schoolstreams as we will post when we have received the tickets. It is first in best dressed and tickets sell fast!



The Lions Club of Nightcliff Proudly Presents...



DARWIN CHILDREN'S FILM FESTIVAL 2023

This FREE event allows local children of all abilities and backgrounds to enjoy the cinema experience in an inclusive, accessible and safe environment where they feel welcomed and free to be themselves without restriction or judgement, particularly those who have faced difficulties or disadvantages in recent times.

The Darwin Business Community has generously sponsored all tickets.

<u>BCC Cinemas, Casuarina Shopping Centre</u> Saturday 6th May 2023

Shazam! Fury of the Gods (PG) @ 10.00 AM & 1.00 PM Mavka: The Forest Song (PG) @ 10.15 AM & 12.45 PM

Saturday 13th May 2023

Ant-Man and the Wasp: Quantumania (M) @ 10.00 AM & 1.00 PM
The Super Mario Bros. Movie (PG) @ 10.15 AM & 12.45 PM

How To Book Your Complimentary Tickets...

Email or text your ticket requests for each movie screening, along with your name, mobile number and email address.

- Bulk and individual ticket orders from schools, organisations, families and carers are welcome, including tentative bookings.
- One ticket per person is required, including all children and adults.
 - 🜟 Ticket requests for multiple movie screenings are allowed.
 - Tickets are distributed on a first-come, first-served bases. Book now to avoid disappointment.



SCHOOL HOLIDAY PROGRAM 11 - 15 APRIL 2023







Date	Event	Description	Time	Age	Location
Tuesday 11 April	Rhyme Time	Clap and move at our Rhyme Time sessions. We'll explore rhymes, songs and finger play.	10am	3-24 months	Karama Library
	LEGO Club	Create your own LEGO masterpiece and display them in our library for everyone to see.	10am	All Ages	Nightcliff Llbrary
	YTAA Writing Workshop with Sandra*	Join children's book author and illustrator Sandra Kendell to craft and illustrate your book for the Young Territory Author Awards.	2.30pm	7-11 years	Casuarina Library
Wednesday 12 April	Fun in the Parks	Inflatable Soccer Pitch with Inflatabell plus other activities.	10am	5-12 years	Lake Alexander
	Movie: Strange World	The legendary Clades are a family of explorers whose differences threaten to topple their latest and most crucial mission.	10am	All Ages	Darwin City Library
	Baby Book Time	Baby Book Time reacquaints parents with nursery rhymes and early childhood songs as well as showcasing great books for babies.	1pm	3-12 months	Casuarina Library
Thursday 13 April	Rhyme Time	Clap and move at our Rhyme Time sessions. We'll explore rhymes, songs and finger play.	10am	3-24 months	Nightcliff Library
	YTAA Writing Workshop with Barry*	Join Barry Jonsberg for great tips, tricks, and advice to help you polish off your entry for the Young Territory Author Awards.	2.30pm	12-18 years	Casuarina Library
Friday 14 April	Fun in the Parks	Beading workshop with Sachi plus other activities.	10am	5-12 years	Wanguri Park
	STEAM Zone	Explore science, technology, engineering, arts, and maths through play-based learning.	3.30pm	All ages	Casuarina Library
Saturday 15 April	Family Story Time	Family Story Time includes songs, rhymes and stories which celebrate reading, books and using the library with your family.	10am	All ages	Casuarina & Darwin City Library



Events are subject to change, visit <u>darwin.nt.gov.au/easter-school-holidays</u> or scan QR code.

*bookings essential for YTAA workshops









All Abilities Gymnastics

THIS CLASS IS OPEN TO CHILDREN AGED 5+ WHO WOULD BENEFIT FROM HAVING A PARENT/CARER SUPPORT THEM DURING THE SESSION



EMAIL MICHELLE AT INFO@TGADARWIN.COM FOR MORE DETAILS AND TO SIGN UP TODAY!

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