Regional Spelling Bee

This year the Regional Spelling Bee, for students in Years 3-6, will take place on Friday 17th June at Our Lady’s Assumption School.

Prior to the regional competition, a year level Spelling Bee will be held to determine the participants in the Regional Spelling Bee. The champion and runner-up from each year level will progress to the regional competition.

This week the students will be given the list of words that will be used in the competition. They may practise spelling these words. The classroom competition will then be held mid Term 2.

The lists of words and the rules for the competition are attached. Years 3 and 4 will use the junior words and Years 5 and 6 the senior words. The annotated lists give the pronunciation and meaning of the words.

Spelling Bee

Be Allergy Aware!

Families are reminded that St. Columba’s is an Allergy-friendly school. Please DO NOT bring nuts or nut by-products onto the school grounds. Some of the foods to avoid are Muesli Bars with peanuts, Nutella products, peanut butter and any other foods containing traces of nuts.

St. Columba’s School Core Values based on the values of the Sisters of Mercy, our founders.

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<td>At St. Columba’s Primary we believe that mercy is a core value that encourages children to aspire to put themselves in someone else’s shoes and learn to forgive and to be forgiven.</td>
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Parish Priest: Fr Minh-Thuy
Almondbury Street, Bayswater
Phone: (08)9271 1414
parish@stcolumbasbayswater.org.au
Here’s more from Michael Grose for families in our community with younger children

www.parentingideas.com

Tips to help anxious kids cope

For those with no personal experience of anxiety it can be hard to understand how debilitating it can be. “Come on, get on with it,” seems so obvious. Of course, this response is nowhere near adequate.

Most kids experience some anxious moments or have fearful thoughts and feelings from time to time about certain events. These thoughts and feelings prompt them to proceed with caution.

But anxiety and fear can be paralysing. Some kids simply can’t stop their ‘bad thoughts and feelings’. They can’t silence the voice of fear that whispers to them continually.

Anxiety is a normal part of life and can be managed, but it takes time. It’s also contagious so it’s the job of parents to stay calm, think clearly and role model confidence when kids get anxious.

Calm is created through your words, voice and facial expression. When children become anxious, help them recognise what’s happening. Some kids get angry, some become upset and others withdraw. Work out the pattern for your child and help them recognise when they are anxious.

Accept your child’s anxious feelings. Your child needs to trust that you are with them, and then they will be more willing to let you help them cope. It’s hard sometimes to differentiate between what may be a bad case of negative thinking and true anxiety.
Is a child being negative when she doesn’t want to join a new club because she thinks no one will like her, or is there something more going on? Try to confirm whether there is any validity in their fears. If not, point out diplomatically, that they may be catastrophising. If you feel there is reason for concern, help them to overcome their anxiety.

**Challenge** the validity of your child’s fears and anxiety, using logic and rational thinking. Don’t allow kids to wallow in self-pity. Move their thoughts towards the future rather than allow them to mope around.

**Encourage** your child to overcome their anxiety through action.

**Anxiety is normal**, and part of everyday life. However, it can be debilitating unless it’s managed. Anxiety management takes time for kids to learn, but it’s one of those valuable life skills that parents can teach their kids.

**Jennifer Maughan**

**Social Worker**

**St Columba’s School Bayswater**

**Tues, Wed & Thursdays**

**P: 9208 2704**

**E:** maughan.jennifer@cathednet.wa.edu.au
Uniform Shop News

The Uniform Shop will be open every Wednesday at 1.00pm to 2.30pm. Order forms can be found on the website. Orders can be paid for at the office, by cash/cheque/eftpos, and placed in the locked box just outside the office. From the beginning of Term 2, any orders that cannot be picked up from the uniform shop on Wednesday’s, can be picked up on a Friday morning between 9.00am and 9.30am. No purchases can be made at this time. Orders cannot be left at the office for collection. You will be notified when the order is ready to be picked up.

Out of School Hours Care (OSHC)

For all enquiries and bookings please call Jess on 9208 2723, or email: oshc@stcolsbays.wa.edu.au

Two Way Interviews

A friendly reminder to parents to select a time for a Two Way Interview with your child’s teacher. Schedules for all classes are on the notice board opposite the Canteen.
Canteen


Parents, you can add your name to the canteen roster via the above website.

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Term rosters are placed on the classroom door and printed in the weekly newsletter for your to check when your child/children are due to donate the prize (one prize donated per child a year) for their class. The idea is to provide a small gift (eg book, puzzle, pencils etc) to the value of $5.

The child rostered to donate a prize is required to hand the prize to the class teacher on the morning.

Tickets are 20c each, with a maximum of 3 tickets.

Your participation and continued support is greatly appreciated.

Pastoral Care Raffle

Kindy Green    Week 10 Lila Harris & Lillian Matthew
Kindy White    Week 10 Annabel Inglis & Leo Pileggi
PP Green       Week 10 Rhylan O'Shea
PP White       Week 10 Amelie Trinder
Year 1 Green   Week 10 Noah Smith
Year 1 White   Week 10 Andre Fragomeni
Year 2 Green   Week 10 Jamie Harris

Week 10 (8/4/16)
Year 2 White   Week 10 Olivia Pincus
Year 3 Green   Week 10 Bayla Ahuja
Year 3 White   Week 10 Jasmine Mann
Year 4 Green   Week 10 Amy Dancewicz
Year 4 White   Week 10 Amelia Vinciullo
Year 5         Week 10 Jordenn Pollock
Year 6         Week 10 Saxon Harbrow

To:
Xavier Southam
1G
Teagan Duffin
Year 6
Thea Bradley
PPG
Eliana Michalski
Year 5

And all students/staff celebrating birthdays over the April Holidays
COLUMBA RUNNERS ARE GO!!!!
START DATE MONDAY 2\textsuperscript{ND} MAY
Classifieds

Advertising space available!

$50.00 per term
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Contact admin@stcolsbays.wa.edu.au
with your pdf and to arrange payment to the P&F.

Giving Back to the community.
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The following is my way of giving back to the School.
I will donate $500 to St Columba’s Fundraising, upon the Settlement of
each home that is listed with me through Parents, Friends or Family members.
I love my job as a Licensed Real Estate Agent.

Kind Regards,
Dianne Sobijko

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Please contact Frank on 0455 922 472

Ben Silverman
Property Consultant
m: 0487 727 054
p: 08 9378 3311
f: 08 9279 9388
e: ben@wellsteadteam.com.au

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Civic Centre
61 Brown Avenue, Morley Western Australia 6062
Telephone: (08) 9272 0622 Facsimile: (08) 9272 0665
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Classifieds

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Michael Crofton 0403 017 804 Email: michael@chl.net.au

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La Salle College
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Transforming Lives
Enrollments for Year 7, 2018
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please contact La Salle College on
9274 6266 or visit the College
website www.lasalle.wa.edu.au

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To book your tour contact 9274 6266

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0431 899 192
info@cobramartialartsmorley.com.au
cobramartialartsmorley.com.au

MON-FRI ............... 7pm-11pm
SAT ..................... 2pm-10pm
SUN & P. HOL........... 10am-10pm

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(cnr Third Avenue)
MOUNT LAWLEY WA 6050

Lisa Baker MLA
MEMBER FOR
MAYLANDS
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(fax) 9272 4291