Dear Parents, Caregivers & Students,

Welcome back to Week 2 after the Anzac Day long weekend. I am sure everyone has enjoyed their three day break from the routine of school and work life. The 3 day break allows us all to find some time to stop from the daily grind and sit back enjoy the slower pace, even if it is only for a few days.

From the Principal’s Desk

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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.

Parish Priest: Fr Minh-Thuy
Almondbury Street, Bayswater
Phone: (08)9271 1414
parish@stcolumbasbayswater.org.au

Parish Mass Times
Weekdays: 9:00 a.m.
Saturday—Vigil Mass 6:00 p.m.
Sunday—Mass 7.30 a.m. and 9.30 a.m.
Parish Youth Mass—Last Saturday of each month.

Term 2 Dates: Mon 20 Apr—Thurs 2 July
School Times: 8.30 a.m.—3.00 p.m.
Recess: 10.40 a.m.—11.00 a.m.
Lunch: 1.00 p.m.—1.40 p.m.

*PLEASE CHECK THE WEBSITE PLANNER FOR REGULAR UPDATES TO THE CALENDAR
During the ANZAC long weekend, I spent time reviewing Term 1 and reflected on the wonderful things that occurred at this great school of ours and the areas we require further development and improvement. We are always looking for ways to improve and make St Columba’s a better school. We, as educators and parents, are driven by our children, always endeavoring to make their lives at school as rewarding as possible. As a part of my personal vision as a principal, but also as a father, I am always researching articles and websites trying to find out what’s best for our children, but also searching for ways of helping them without increasing the stress levels – theirs and ours. I look at my own sons, who are in Year 9 and Year 11 at Trinity College, and realised how much school work they do, during the holidays, to prepare themselves for the next term. It certainly doesn’t get any easier.

Today’s education, as well as our children’s workload, is at very high levels I have never witnessed before. It may be that my boys are at the tough end of their secondary education and the expectations have increased incredibly, but I’m not certain this is the case. This perceived stresses that causes anxiety, continues to grow each year. Having it experienced recently, I realised it is critical to remain calm and relaxed with our children. Although we have high expectations, we also need to balance this with the reality of life outside of school. School is a enormous part of our children’s lives, so how do we keep it real while still wanting them to be the best they can be. There are no easy solutions to the issues raised, except being mindful of what is happening in our children’s lives on a daily basis.

Taking it a step further, and thinking about the children at St Columba’s School, all the research indicates preparing and teaching the children, in the early years, for their future self-management. It really makes sense to form their habits early, which be with them for ever – early intervention. During my research, I came across a website called ‘Hey Sigmund’ which had some terrific articles on managing stress and well-being. I think you will find the following tips really helpful in supporting your children during the stressful times, especially with NAPLAN coming up. The website has many more helpful tips in reducing our children’s stress levels and their anxiety levels. To read more, click the following link: http://www.heysigmund.com/anxiety-in-very-young-kids-11-ways-to-make-a-difference/

**ANZAC Day Dawn Service:**
A huge thank you to our student leaders, Christian Ziino, Zachary Dancewicz, Rachel Askey and Lara Byrne who represented the school and attended the ANZAC Dawn Service last Saturday in Bayswater. The students laid a wreath in honour of those who fought and died in the great wars so Australia could be a free nation. A huge thank you to Mrs Cuthbert for creating the wonderful ANZAC display in the Library - it is simply amazing!! I strongly encourage all the parents to visit the library and view the magnificent display. Thank you also to Ms Klatt and the staff members for coordinating and organising the ANZAC Service last Friday.
Community Mass:
A reminder the scheduled community/school mass is this Saturday, commencing at 6.00pm in the parish church. The mass is also a commitment mass for all the Year 4 students who will be receiving the Sacrament of Eucharist this year.

I was disappointed to have only seen a small handful of parents and children at the last school/parish mass last term and I’m hoping all families will support the initiative and attend the mass this Saturday. I’m looking forward to seeing you all at the celebration.

Greg Martin

GREG MARTIN
Principal
Open up Flip Lid for sandwich and snack compartments.....Flip it over and open it up again for fruit, drink and more snacks! It’s the easy way to pack and preserve lunches with a wide variety of healthy foods for the whole family. Includes custom drink bottle.

This funky new ‘Flip Lid’ lunchbox can be purchased from the office for $24.95.
St Columba’s Travel Mugs

St Columba’s travel mugs are on sale at the office for only $10 and would make an excellent Gift!
P & F News

Next P&F meeting is scheduled for Tuesday 12th May.

Bogan Bingo
Friday 7th August
P & F are looking for volunteers to join the ‘Bingo Committee’
Please contact Steve Vinciullo (slvin@iinet.net.au)

Library News

Thank you to Jasmine & Emily Dillon for bringing in photos and memorabilia, from their grandparents and great-grandparents, for our wonderful ANZAC display in the library.

Also Thank you to Oliver & Luke McLaughlin for bringing in their dad’s memorabilia.

Thanks to Isaac & Lila Brown for the information about their Great-Grandfather.

Thank you everyone!

The ‘Wall of Honour’ for our fallen soldiers looks amazing. Your contribution to this whole school community project is sincerely appreciated! Every student from Pre-Kindy through to Year Six has been represented in keeping the ANZAC Spirit Alive. The display will remain until the end of the year, to incorporate Remembrance Day.

In appreciation,
Rita Cuthbert

THANKS MRS DOBLE FOR THIS FABULOUS PHOTO
Scholastic Bookclub

Thank you to all those families who went on-line and ordered their Scholastic books from Issue Three. ORDERS NEED TO BE PLACED BY WEDNESDAY 6th MAY.

Can I please remind all families that the school no longer puts in the orders or accepts any payments (cash, cheque or credit card!). ALL ORDERS ARE NOW MADE AND PAID FOR ON-LINE BY THE FAMILY.

All you need to do is go to www.scholastic.com.au/LOOP or you can download the app.

If you have any queries, please don't hesitate to contact me.

Leesa Vinciullo
Bookclub Co-ordinator
vinciullo.leesa@cathednet.wa.edu.au

Out of School Hours Care (OSHC)

Please direct all enquiries relating to OSHC to our OSHC Supervisor - Rebecca Shaw on 9208 2723 or email oshc@stcolsbays.wa.edu.au

Canteen News

Please place all canteen orders online via www.ouronlinecanteen.com.au.

Please note that parents are able to add their name to the roster via the above website. The roster will not be co-ordinated by School Administration Staff.

It would appear that Columba Runners is alive and well!!! Excellent effort everyone on a great start to the season!!!

We need some parent help in the name of safety and to keep our great running club going. We require a parent (or 2 - why not pair up and have a chat in the sunshine) on each corner of the block and at the staff carpark. Your help is greatly appreciated!!!

Thank you

Columba Runners Committee
And now for some ideas about Sleep…

As the seasons change and the clocks go forward or back in different parts of the world it’s the ideal time to reinstate essential sleep habits in kids.

Sleep research shows that children who develop good sleep patterns usually carry these into adolescence, and beyond. If you are a parent of young children struggling to get them to sleep or battling kids who want to stay up longer then a proper working knowledge of good sleep habits and sleep hygiene is a must.

Great sleep habits include:

1. **Regular bedtimes.** Kids may fight this, but be regular during the week and let kids stay up a little later on weekends.

2. **A wind-down time of at up to 45 minutes prior to bed.** This includes, removing TV and other stimuli, calming children down, and limiting food intake (and caffeine for teens).

3. **Bedtime routine** such as story, teeth-cleaning that signalled psychologically that it is time for sleep.

4. **Keeping bedrooms for sleep** and not for TV or devices. Bedrooms that resemble caves seem to be recommended.

5. **Maximising the 3 sleep cues of:** darkness (cave-like bedroom), lowering body temperature (baths can be good for this) and melatonin (work within their cycle).

It seems that sleep is one thing that we can all become educated about. We take it for granted and often view poor sleepers through a behavioural lens. Better knowledge of the biology of sleep and also sleep patterns will go a long way to helping kids and teens get a good night’s sleep. I believe it’s an absolute essential for good modern parenting.

**Jennifer Maughan**

*School Social Worker*

*Tuesdays, Wednesdays & Thursdays 9208 2704*

*St Columba’s Catholic Primary School*

*32 Roberts Road Bayswater WA 6053*

*Email: maughan.jennifer@cathednet.wa.edu.au*
**Pastoral Care Raffle**

Term rosters are placed on the classroom door and printed in the weekly newsletter for you 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.

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**Happy Birthday!**

Tyson Lee
1W

Mia Partington
PPW

Oscar Durack
Kindy White

Gabrielle Ziino
2G

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**Kindy Green**  
Week 2 Sidney Carter  
Week 3 No Raffle

**Kindy White**  
Week 2 Natasha Juszkiewicz  
Week 3 No Raffle

**PP Green**  
Week 2 Tahlia Krishnan  
Week 3 No Raffle

**PP White**  
Week 2 Aidan Day  
Week 3 No Raffle

**Year 1 Green**  
Week 2 Mason Alvisse-Coles  
Week 3 No Raffle

**Year 2 Green**  
Week 2 Charli Hein  
Week 3 No Raffle

**Year 1 White**  
Week 2 Sasha Barker  
Week 3 No Raffle

**Week 2 (1/5/15)**

**Year 2 White**  
Week 2 Xavier Brajevic  
Week 3 No Raffle

**Year 3 Green**  
Week 2 Stefan Zirojevic  
Week 3 No Raffle

**Year 3 White**  
Week 2 Mabel Armstrong  
Week 3 No Raffle

**Week 3 (8/5/15)**

**Year 4**  
Week 2 Eliana Michalski  
Week 3 No Raffle

**Year 5**  
Week 2 Daniel Bujok  
Week 3 No Raffle

**Year 6**  
Week 2 Christian Ziino  
Week 3 No Raffle
Community News

Aranmore Catholic College Information Evening
Places available for 2016 and beyond.
Come and hear about what our college can offer your child.
Thursday 30 April, at 5.30 – 6.30pm in the college grounds.
For further information please phone: 9444 9355
Aranmore Catholic College
41 Franklin Street
Leederville, WA, 6007

Mercedes College
FÊTE
Victoria Square, PERTH
Sunday 3 May, 10.00 am – 4.00 pm

Live music and entertainment all day
Major Fête raffle with the following prizes
1st Prize 65" UHD 3D 4k SMART TV & 3D Blue Ray Home Theatre System,
2nd Prize Deluxe BBQ & Outdoor Setting, 3rd Prize Samsung Galaxy Note 10.5 16GB WIFI 4TH Prize Panasonic Handycam with bag and tripod

Giant & Silent Auctions
International Food stalls, Kiddies Corner, Sports Bar
a variety of Boutique Stalls
Devonshire Teas, Craft
Gift Baskets, Preserves, Cakes, Plants, Toys, Second Hand Music, Gourmet Delicacies & More

A FAMILY DAY OUT

Mercedes College
OPEN DAY
Sunday, 17th May 2015 / 11.00am – 1.30pm

Founded by the Sisters of Mercy in 1946, Mercedes College offers young women from Year 7 to 12 an outstanding Catholic education based on the Mercy values of compassion, justice, excellence, integrity and service.
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Refreshments available.
Street parking available.
Victoria Square Perth WA 6000
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F: 08 9323 1333
E: admin@mercedes.wa.edu.au
www.mercedes.wa.edu.au
Classifieds

Advertising space available!

$50.00 per term
for a business card-sized ad.

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

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Giving Back to the community.
As a past Parent of St Columba’s, I know how important Fundraising is. The following is my way of giving back to the school. I will donate $50.00 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 Sobelko

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Do you have a Will?
Preparation of your Last Will and Testament:
Contact Dan Bull

Dan Bull
Lawyer
0423 692 827
dan@danbulllegal.com.au

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Ben Silverman Property Consultant

m: 0487 727 054
p: 08 9378 3311
f: 08 9279 9358
e: ben@wellsteadteam.com.au

suite 3 89 old perth road,
bassendean wa 6054
po box 159 bassendean wa 6934
www.professionalswellsteadteam.com.au

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West Ward

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Civic Centre
61 Broun Avenue, Morley Western Australia 6062
Telephone: (08) 9272 0622 Facsimile: (08) 9272 0665
Postal Address: PO Box 467 Morley WA 6943

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

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**La Salle College**
Academic Scholarships Year 7 2016
Enrolments for Year 7 2017 are now being accepted
Visit the College website www.lasalle.wa.edu.au or call 9274 6266 for more information

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