Happy Mother’s Day to all our Mum’s

“Mothers hold their children’s hands for a short while, but their hearts forever.”
— Unknown

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.

Parish Mass Times

Term 2 Dates: Tues 26 Apr—Fri 1 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
Here’s more from Michael Grose for families in our community with younger children

www.parentingideas.com

An Important topic for this week:
Sleep Habits

Sleep can be a vexatious issue for some parents: the amount of time spent trying to get kids to sleep, worrying about kids not sleeping, being woken up by kids who should be sleeping…it goes on and on!

It’s an important issue for parents of teens too. The sleep-wake cycle for teenagers is delayed by up to two hours. That is, they are sleepy later and awake later than when they were children. Many teenagers today are sleep deprived because they don’t get enough sleep. They need between nine and 10 hours sleep each night, yet most get about seven or eight hours sleep.

Sleep experts have noted that children who develop good sleep patterns tend to carry these into adolescence.

So here are 5 tips for good sleep habits, and 5 extra tips for teens to help manage their changing sleep cycle.

Good sleep habits include:

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

2 **Have a wind-down time** of 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 **An established bedtime routine** that makes the brain associate behaviour such as cleaning your teeth and reading in bed with sleep.

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

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

1. Allow them to catch up on lost sleep during the weekends.

2. Help your young person schedule their after school activities to free up more time for rest.

3. Discuss ways to limit stimulating activities such as television and computer around bedtime. Encourage restful activities such as reading.

4. Afternoon naps are good ways to recharge their batteries.

5. Make sure they go to bed early each Sunday night to prepare for the coming week.

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
Canteen

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

We are in desperate need of volunteers for this term. If you can spare a few hours please add your name to the canteen roster via the above website.

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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.

Kindy Green
Week 2 No Raffle
Week 3 Elizabeth Wright

Kindy White
Week 2 No Raffle
Week 3 Eva Magill

PP Green
Week 2 No Raffle
Week 3 Hayley Coffey

PP White
Week 2 No Raffle
Week 3 Ella Thistle

Year 1 Green
Week 2 No Raffle
Week 3 Daniella Yang

Year 1 White
Week 2 No Raffle
Week 3 Tahlia Krishnan

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

Year 2 White
Week 2 No Raffle
Week 3 Zoe Wolters

Year 3 Green
Week 2 No Raffle
Week 3 Adam Di Angelo

Year 3 White
Week 2 No Raffle
Week 3 Oliver Whittle

Year 4 Green
Week 2 No Raffle
Week 3 Lauchlan Biddle

Year 4 White
Week 2 No Raffle
Week 3 Carter Robertson

Year 5
Week 2 No Raffle
Week 3 Jack Mann

Year 6
Week 2 No Raffle
Week 3 No Raffle—Camp

Week 2 (6/5/16)
No Raffle—Mother’s Day

Week 3 (13/5/16)
**Grace-filled Parenting:**

The Centre for Faith Enrichment is excited to present “Grace-filled Parenting” - a series of workshops aimed at giving parents some time for faith growth in a way that nurtures home and family life. Thursdays 19th May – 23rd June, 10am-12.30pm (includes morning tea break) at the Newman Siena Centre, 33 Williamstown Road, Doubleview. Total cost is $45 and a free crèche is available on-site. To register, for more information, or to see the full range of Term Two courses and events, visit [www.cfe.org.au](http://www.cfe.org.au), or call 9241 5221. ALL are welcome (you don’t have to be Catholic!).

**Maggie Dent—’From Sandpit to Adulthood’**

Good Shepherd Catholic School P&F have organised for Maggie Dent to come and present on the topic "From Sandpit to Adulthood".

The event is scheduled for Monday, 16 May 2016 at 7pm.

See Flyer attached to this newsletter.
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.

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 $500 to St Columba’s Fundraising, upon the Settlement of each home that is listed with me through Parents, Friends or Family members.

Kind Regards,
Dianne Sobiejko

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

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

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are now being accepted.
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please contact La Salle College on
9274 6266 or visit the College
website www.lasalle.wa.edu.au

OPEN DAY
Tuesday 5 April 2016
Tour Times:
9.15am, 11.15am and 1.30pm
To book your tour contact 9274 6266

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