Dear Parents, Caregivers & Students,

I have come to realise, over the many years of writing so many newsletters, that not everything I write is relevant to the readers— the shoe doesn’t fit all persons. Having stated the above, it’s not just about having an interest in what’s being written, it’s learning more about how the world is changing and the new knowledge about education and well-being gained. I certainly don’t write about everything I read, but I do pick articles and websites I find interesting and relevant to our community members, including our children.

Parents email me articles and website links quite regularly. Some I find very interesting, and others I put it down as a learning experience. I am very grateful to those who take the time to email me an article they have found interesting. Last week Sarah Klass emailed me a website link titled ‘7 Fun Ways To Teach Your Kids Mindfulness’. Mindfulness? I have never thought about this topic nor have I ever read about it, but yet it is so relevant in today’s world. Although the website is directed at classroom teachers, I believe it could quite easily be adapted/modified for the home environment. For those of you interested in having a read, follow the link - http://www.mindbodygreen.com/0-18136/7-fun-ways-to-teach-your-kids-mindfulness.html

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@stcolsbayswater.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.

(Cont’d Page 2)
10 ‘Commandments’ for Work and Life

One person I follow in the cyber world is Steve Francis, an ex-principal from the Eastern States. Having attended his presentations at past conferences, I have found him to be very interesting. Since signing up for his weekly newsletter, I have used many of his excerpts about staying on top and putting ourselves first. Easier said than done, but we all have to start from somewhere. The following article hits the bell perfectly, hence the reason for sharing it with you.

Be here now - Being present, fully awake and focused on what is occurring at the moment enables you to respond most resourcefully to what is happening.

Breathe - By consciously breathing deeply and fully and becoming aware of your natural breath, you will maintain your self-awareness and ability to flow with life. You also lower your stress hormones, adrenaline and cortisol, when you breathe deeply.

Listen to your intuition - By listening to your inner voice, you will more easily make the right choices in each situation. You will also build your self-trust and strengthen your ability to naturally and appropriately respond.

Seek to empathise and understand - Everyone wants to be more deeply understood. If you can listen with compassion and seek to understand what is going on for others, you will strengthen your relationships and sense of connection.

Be open to change - Life is in constant change. By developing an open-minded, open-hearted attitude, you can flex and flow with life and often find solutions that are better than your original plans.

Build trust - Take care to meet needs, manage expectations, and keep promises. These three foundations are critical to building trust in yourself, in your relationships and in your school and community.

Speak the truth - Speak up authentically and directly, with kindness and compassion as well as honesty and discernment.

Collaborate - We live in an interconnected world. Our efforts together are so much more powerful than our efforts alone. Seek out ways to work together with others, build trust and create a better outcome for all.

Appreciate and celebrate often - Take time to share your love and praise with others. Take time to honour achievements, discoveries, and mistakes as well as mourning losses suffered and rejoicing in larger dreams realised.
**Principal’s Desk (Cont’d)**

**Honour the cycles and the seasons** - There is a time to sow and a time to reap - there is the time of new life in the spring, the time of fullness in the summer, and the time of darkness, death, and stillness in the winter. All these seasons cycle around again to new life and creativity in the spring. These seasons happen in our relationships and projects as well. Pause, reflect, and mark both small and large occasions. Honour the ebb and flow of Life, realise it is OK to alter your pace of living to make it appropriate to what is happening at the time.

If you have taken the time to read both articles, did you notice the correlation of topics raised by both authors?

Have a great week and may your football team win.

*Greg Martin*

**GREG MARTIN**

Principal

**Staff Taking Leave:**
The following staff members will be taking leave in Term 3:

Caroline Brewer - Long Service Leave (1st Five Weeks of Term 3) – Replacement Mrs Marinella Fasolo

Ali Martin - Long Service Leave (2nd Five Weeks of Term 3) – Replacement Mrs Trish Dawson

**Parking on the Footpath:**
It has been brought to my attention that some parents/grandparents are parking their vehicles on the footpath in front of the church, leaving no room for parents and children to access area. Please be considerate of the safety and well-being of all members of our community and ensure you do not block access on the footpaths.

**School Fees:**
Reminder fee statements have been sent home this week. If no prior arrangements have been made with the school, fees are now overdue.
Prompt payment of your account would be appreciated.
Uniform Shop

The Uniform Shop is open every Friday from 8.45am to 9.30am.

Please also be advised that the following items are still on backorder:
Black Track Jackets (ETA 1/6/15)
Size 8 Polo Shirts (ETA 8/6/15)

We apologise for any inconvenience this may cause.

Kathleen Ziino & Tammy Doyle
Uniform Shop Co-ordinators

Scholastic Bookclub

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

Netball News

Year 6—Rubys were defeated by SMG Hotshots
Year 5—Emeralds
Year 3/4—Sapphires defeated Kewdale
Year 3—Diamonds defeated Redcliffe
Year 2/3—Pearls defeated St Augustine’s Pearlers
Year 2—Opals were defeated by Notre Dame Primary School
SAVE THE DATE!
Bogan Bingo
Friday 7th August, 2015
(Refer to Flyer attached to this newsletter)

Bunning’s Sausage Sizzle

BUNNINGS MORLEY SAUSAGE SIZZLE
Sunday 17th May 2015
08.30am – 4.00pm

Come on down and support our wonderful school either with buying a hotdog or giving up some of your time to help out!

We need volunteers to help out for a couple of hours so if you’re free between 8am-4.30pm we’d really appreciate the support. It’s a lot of fun and a great way to meet other parents!

There’s a roster on the window outside Greg’s office.

If you can’t help out on the day but you’re available to collect supplies in the week leading up to the event we’d love to hear from you! Email me, abbie@cathode.com.au or the P & F fundraising rep Steven Vincuillo— slvin@iinet.net.au

Thanks for your support!
Abbie Ehrhardt
Here’s more from Michael Grose for families in our community with younger children

www.parentingideas.com

Children’s disputes can be noisy, loud and physical, particularly when boys are involved. Sibling conflict is the bane of family life as it can disturb family harmony and make life awful for parents.

Noisy, physical fights don’t seem to worry kids as much as it does parents.

It’s worth noting that left to their own devices kids generally work out their own solutions to relationship problems but the verbal barbs can fly and some physicality can be involved.

If you have boys your long-term aim as a parent is to get them to talk through their issues, practise give and take and look for solutions that suit both rather than each standing their ground.

This takes a great deal of patience and modelling by adults of healthy conflict resolution.

It also helps to have a Hands-off policy at home. That is, kids resist hitting or hurting each other when there is a problem to be sorted. Talking through problems, giving way and compromising are the ways to go.

Just because you have a hands-off policy doesn’t mean that kids will stick to it all the time. But it makes it very clear for boys, in particular, that hitting and hurting are not the ways to solve their relationships problems.

“Jeremy, we have a hands-off policy in our family. You overstepped the mark when you whacked your brother. We cool down and talk things through here. How will you fix this situation?

A Hands-off policy gives you something concrete to refer to as a parent when kids overstep the mark they use physicality to resolve issues with their siblings.

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
Canteen News

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

Term 2 Roster

<table>
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<th>Week</th>
<th>Day</th>
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<td>Laura Wolters</td>
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<td>3/07/2015</td>
<td>Jenn Debono</td>
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There are still lots of days that require parent help for this term. Parents can add their name to the roster via the above website. Any queries please contact Sheryl Milonas in the Canteen.
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.

Happy Birthday!

Dante Felt
PPG

Charli Hein
2G

Dominic Watson
3W

Lucas Antonio
KW

Sophia O’Toole
PPW

---

Week 4
(15/5/15)

Kindy Green  Week 4 Chloe Byatt
Kindy White  Week 4 Lucas Antonio
PP Green  Week 4 Owen Peters
PP White  Week 4 Sienna Ross
Year 1 Green  Week 4 Norah Hammond
Year 1 White  Week 4 Sebastian Bell
Year 2 Green  Week 4 Blake Partington
Year 2 White  Week 4 Bayla Ahuja
Year 3 Green  Week 4 Alexandra Chernova
Year 3 White  Week 4 Lachlan Marshall
Year 4  Week 4 Sebastian Car
Year 5  Week 4 Stella Ashley
Year 6  Week 4 Rachel Askey

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AND

Week 5
(22/5/15)

Week 5 Max Kryachok
Week 5 Ava Moretta
Week 5 Keira Nguyen
Week 5 Andre Fragomeni
Week 5 Marko Dimitrijevic
Week 5 Kan Sweetman
Week 5 Leah Savage
Week 5 Mia Omerovic
Week 5 Saxon Harbrow
Week 5 Alexander Pez

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***************Book Raffle***************
Community News

Mercedes College

OPEN DAY

Sunday, 17th May 2015 / 11.00am – 1.30pm

Founded by the Sisters of Mercy in 1846, 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. Join us on Open Day and experience the welcoming, vibrant atmosphere of Perth’s oldest school.

> Exciting Sports and Learning Facilities
> Music and Drama Displays
> Working Art Displays
> Classroom and Library Displays
> Conducted Tours

Refreshments available.
Street parking available.

Victoria Square Perth WA 6000
T 08 9323 1323 RECEPTION
E 08 9323 1333
E admin@mercedes.wa.edu.au

www.mercedes.wa.edu.au

FUNDRAISING AND FUNDRAISING is the theme of this year’s AGM and mini conference, being held at St Peter’s Catholic Primary School, 103 Wood Street, Inglewood on Wednesday 27th May 2015 from 5pm-8.30pm.

We have Mandy Weidmann, CEO, The Fundraising Directory coming from Queensland to speak to us on how creative fundraising builds strong communities. The Fundraising Directory book will be complimentary for each parent who attends the evening.

We also have Allan Blagaich, CEO, School Curriculum and Standards Authority (SCSA), coming to outline the changes to the curriculum from pre-primary to year 12. Allan is a wonderfully engaging speaker and is very happy to answer any questions you may have. We promise to squeeze the formalities of the AGM between our two guest speakers.

Light supper and drinks will be provided and there is plenty of on-site parking available. For more information and to register please go to http://pffwa.eventbrite.com.au/ Registration is free for parents of affiliated schools, however everyone is welcome to attend. Please register for catering purposes by Friday 22nd May.

We look forward to seeing you there!

https://www.facebook.com/pffwa
www.pff.wa.edu.au
5271 5509
103 Wood St, Inglewood, WA
Community News

Pristine Entertainment presents

The Rocky Monster Show

written by Nicholas Sircum

Friday 19th June at 7:30pm
Saturday 20th June at 2pm and 7:30pm
Sunday 21st June at 2pm

Tickets: $25
Concessions: $20

Carine Senior High School
Ossianon rd, Carine

For tickets
http://post.be/pristineockymonster
or contact Dorothy on 0419 246 122
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.
Looking for the right home loan? When you talk, I listen...
The difference between a home loan and the right home loan is knowing what you want to achieve - both today and tomorrow. That’s why I take the time to listen.

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

your local agent matt anderson
lives in bayswater, loves bayswater & sells in bayswater

please call for a free market appraisal
matt anderson
mob. 0431 202 226
office. 9377 1900
manderson@elderswetherell.com.au
www.elderswetherell.com.au

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

We Guarantee That Our Work Will Be Accurate & On Time Or It’s FREE

Tanya & Greg Armstrong
Greg: 0466 50 20 20
Tanya: 0416 02 26 36
admin@tagbookkeeping.com.au
www.tagbookkeeping.com.au

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Shop Online... LatestBuy.com.au
Shop In-store... Unit 1, 113 Broadway BASSENEAN

Lisa Baker MLA
MEMBER FOR MAYLANDS
(08) 9370 3550
(fax) 9272 4291