The P&F are once again selling the Entertainment book. As per last year, digital and hard copy books will be available to purchase. Books will be sent home early next week. Those not wishing to purchase the books may return them to the office. Payment methods remain cash or online only. The online payment page is below and it will also be on the Facebook page.

https://www.entertainmentbook.com.au/orderbooks/83589g

The Entertainment Book is coming

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.

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

<table>
<thead>
<tr>
<th>MERCY</th>
<th>JUSTICE</th>
<th>SERVICE</th>
<th>COMPASSION</th>
<th>EXCELLENCE</th>
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<tbody>
<tr>
<td>MERCY VALUE FOR 2016 IS MERCY</td>
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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.
A Reminder to Parents

Thank you to those parents/caregivers who have paid their accounts. If you have not yet made payment, could you please pay using one of the many payment options available. If you are experiencing financial difficulty, I would encourage you to make an appointment at the office to discuss this with the Principal, Greg Martin or Business Manager, Mrs Meleca.

It has been brought to our attention that a number of parents are not following the Kiss and Drive rules. If your child/children are not there when you first arrive at the front of the line please do a lap of the school to allow Kiss and Drive to continue to run smoothly. For the safety of all pedestrians please do not perform U-turns. Just a reminder to be careful not park in residents drive ways or on their lawns.

Out of School Hours Care (OSHC)

For all enquiries and bookings please call Jess on 9208 2723, or email: oshc@stcolsbays.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.
The Interschool Swimming Carnival was held on Thursday May 5th at Challenge Stadium. It was the first time our school had competed in this competition, having moved divisions due to an increase in numbers of students.

We were all very nervous, not quite knowing what to expect and how our team would go. Well, we had a fantastic day, with everyone putting in 100%, in true St Columba’s style.

There were many outstanding individual performances and awesome effort was put in by our relay teams. The races were all extremely exciting and team spirit was high. The final results were:

Year 4 Boys 1st, Year 4 Girls 3rd, Year 5 Boys 6th, Year 5 Girls 1st, Year 6 Boys 2nd, Year 6 Girls 2nd, Open Girls 1st and Open Boys 3rd.

We came 2nd in overall boys and 2nd in overall girls and

1st PLACE OVERALL!!

Congratulations to all of our team members who achieved our highest placing in over 10 years!

The team took part in a lunchtime party the following Monday to celebrate.

Many thanks to all our parent helpers especially Leah Marrapodi who helped coach our swimmers to victory and has given up many hours of her time over the past nine years. Her positive attitude and expertise will be missed next year when her daughter Olivia moves onto high school. Also many thanks to Cathy Duffin, who has helped with swimming on many levels over the past nine years. Cathy’s daughter, Teagan, will be heading to high school in 2016, so Cathy will also be missed.

Many parents helped out with training including Chenoa Anderson and Kylie Harbrow- thankyou so much for giving of your time.

And finally our breakfast parents, your help on training mornings preparing the breakfast was much appreciated by our hungry swimmers, and to Penny Pettit for washing the team singlets.
Do your kids have good mental health habits?

It seems strange to talk about promoting good mental health in children.

Shouldn’t all children naturally have good mental health habits? After all, childhood is supposed to be a pretty relaxed time of life, free from the pressures and stresses that come hand in hand with adulthood.

Sadly, it doesn’t seem that way. A recent study from UNSW and Beyond Blue stated that one in six young Australians suffer from an anxiety condition, and as many as 45 per cent of Year 12 students reported high levels of anxiety.*

As a parent it’s useful to reflect on the mental health habits that you promote in your kids. Here are 5 ways to promote good mental health and wellbeing in kids:

1. **Model good mental health habits**  If you, like many parents, live constantly with stress then consider ways to actively minimise it, such as getting regular exercise, plenty of sleep and doing relaxation. Not only will this improve your mental health, and make you easier to live with, it will send a strong positive message that mental health is important. It’s worth remembering that kids learn what they live, so make sure they see good mental health habits first hand.

2. **Make sure they get enough sleep**  Sleep is the one of the building blocks of mental health and wellbeing. Many children and just about all teenagers are sleep-deprived at the moment. Many parents are sleep-deprived as well! Children need between 10 and 12 hours sleep to enable proper growth and development, while teenagers need a minimum of 9 hours. One of the single most powerful strategies to improve kids’ abilities to cope with stressful or changing situations is to ensure they get enough sleep.

3. **Encourage your kids to exercise**  When my mum would tell me all those years ago to turn the television off and go outside and play, she didn’t know she was promoting good mental health. She just knew that physical activity was a good thing for an active growing boy. Kids today get less exercise than those of past generations, which is an impediment to mental health. Exercise stimulates the chemicals that improve mood and release the stress that builds up over a day. An hour’s movement per day seems the minimum for kids. How much exercise does your child receive?
4. **Encourage creative outlets** Kids should practice creativity if for no other reason than it helps them experience the state of ‘flow’. This is the state of getting so immersed in an activity that you forget about time and place. Writers and other creatives understand the concept of flow. It’s energizing and helps take stressed and worried kids out of themselves.

5. **Talk about their troubles** A problem shared is a problem halved. Talking about what’s worrying you is a great way to remove the burden of worry and reduce anxiousness. Some kids bottle up what’s inside, while others will catastrophise a situation, which can make matters seem worse. If your child has a problem, let him know that his concerns are important to you. Kids often can’t tell you what may be wrong, so be observant and gently ask questions to help gain a clearer picture of how kids may be feeling.

These ideas are basic common sense. However, as kids’ lives get busier these essentials get squeezed out. See these habits as the building blocks of mental health. Don’t ignore or trivialise them. Talk to your children and tie these activities to their mental health.

---

**Jennifer Maughan**

*Social Worker*

*St Columba’s School Bayswater*

*Tues, Wed & Thursdays*

*P: 9208 2704*

*E: maughan.jennifer@cathednet.wa.edu.au*
Canteen


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.

<table>
<thead>
<tr>
<th>Week</th>
<th>Day</th>
<th>Date</th>
<th>Parent's Name</th>
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<tbody>
<tr>
<td>4</td>
<td>Monday</td>
<td>16/5/16</td>
<td>Nicky Hein</td>
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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 4 Noah Thomas
  - Week 5 Audrey Lawes

- Kindy White
  - Week 4 Hudson Taylor
  - Week 5 Lily Katich

- PP Green
  - Week 4 Sidney Carter
  - Week 5 Ella Gerick

- PP White
  - Week 4 Joshua Murnane
  - Week 5 Alyanna Genete

- Year 1 Green
  - Week 4 Xavier Southam
  - Week 5 Ruby McKitterick

- Year 1 White
  - Week 4 Emmitt Winkler
  - Week 5 Amali Dias

- Year 2 Green
  - Week 4 Alla Blatchley
  - Week 5 Nathaniel Cooper

- Year 2 White
  - Week 4 Parker Yeoh
  - Week 5 Mary Wishart

- Year 3 Green
  - Week 4 Piper Anderson
  - Week 5 Myles Guazzelli

- Year 3 White
  - Week 4 Emily Dillon
  - Week 5 Jude Panizza

- Week 4 (20/5/16)
  - Year 4 Green
    - Week 4 Jayde Carmichael
    - Week 5 Isaac Brown

- Week 4 (20/5/16)
  - Year 4 White
    - Week 4 Alexandra Chernova
    - Week 5 Maximillian Orsi

- Week 4 (20/5/16)
  - Year 5
    - Week 4 Chiara Lestino
    - Week 5 Ethan Matthew

- Week 5 (27/5/16)
  - Year 4 Green
    - Week 4 Isabella Migliore
    - Week 5 Charlotte McGee
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.

I love my job as a Licensed Real Estate Agent

Kind Regards,
Dianna Sobejko

CARTER'S
Real Estate Bayswater
Dianne Sobejko

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mail@bayswater.wa.gov.au www.bayswater.wa.gov.au

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TRUCK WON'T START?

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<tr>
<th>Truck Specialists</th>
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<tr>
<td>Air Conditioning</td>
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<tr>
<td>Alternators, Starter Motors</td>
</tr>
<tr>
<td>Computer Diagnostics</td>
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<tr>
<td>Sleeper Air-Built Air Conditioning</td>
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<tr>
<td>Webasto Evaporative Systems</td>
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<tr>
<td>Wiring Harness Design</td>
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<tr>
<td>New Vehicle Fitness Checks (Road • Light)</td>
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<tr>
<td>Dangerous Goods Specialists (E4100)</td>
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</tbody>
</table>
Classifieds

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

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9:15am, 11:15am and 1:30pm

To book your tour contact 9274 6266

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

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MOUNT LAWLEY WA 6050

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