Sleep….it is important....

Sleep is really important - it is critical to a child's development and providing the best possible learning space during the day at school. It is pretty important to us, as parents for the simple fact of survival! Often the effects of stress or anxiety are compounded by problems of not getting the sleep we require. Our active minds and negative self-talk can keep us awake or wake us during the night. Dr David Morawetz has developed the following 'Nine Rules for Better Sleep' and are offered as a starting point for all of us.

There are a couple of these that I am going to find really difficult especially screen time! The one that I have become good at is a notepad next to my bed (this is now an iPad.....ooops).

1. Lie down to go to sleep ONLY when you are actually SLEEPY.
2. Do not use your bed for anything except sleeping. Do NOT read, watch TV, listen to the radio or eat in bed. If you feel that reading helps you to fall asleep, feel free to break the rule - but do it for no more than 30 minutes.

(Cont’d Page 2)
Principal’s Desk (Cont’d)

3 If you do not fall asleep within about 30 minutes, go to another room and do something that is not arousing (e.g. watch TV, read a magazine). Lying in bed resting peacefully is nearly as restorative as sleep.

4 If you return to bed and still cannot sleep, repeat step 3.

5 If you wake up during the night and cannot get back to sleep, follow step 3.

6 Get up at the same time every morning, seven days a week, regardless of how long you have slept.

7 Do not nap during the day or early in the evening (even for 5 minutes in front of the TV) - yes I know, most of us can’t nap!

8 Do some form of physical activity each day. Unfortunately when we get busy and stressed, the first thing most people do is stop exercising. This makes it worse.

9 Learn to reduce thinking and worrying in bed through mental relaxation techniques such as deep breathing exercises.

Keeping a notepad beside the bed to write a reminder note rather than worrying about whether or not you will remember, can also be very helpful as it clears the mind and ensures that you are not going to stress about remembering it in the morning. Quality sleep is important to recuperating and recharging to ensure that we are getting the best out of ourselves each day and each week.

Dr David Morawetz (sleepbetter.com.au)

Columba Runners

I wish all of our Columba Runners a great day this Sunday at the HBF Run for a Reason event. They have certainly been doing a lot of practice and have been clocking up the kilometres. Well done and best wishes for a successful run or (walk).

Before and After School

Can I please ask all parents to wait on the basketball court before and after school and not gather outside the classrooms. Please ensure that younger siblings remain with you at all times. Whilst your community spirit of getting to know one another is celebrated, the noise outside classrooms before the bell sounds has become a distraction for both staff and students.

For those families using the school for after school activities, I would ask the same that students and siblings remain with you at all times. We all have a duty of care to all children. Therefore, siblings are not permitted to wander around the school or play on the lower playground.
School Fees

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 myself or Mrs Meleca.

Kiss and Drive

It has been brought to my attention that a near miss occurred at the Kiss and Drive drop off this morning. I appreciate that most parents are doing the right thing and demonstrating safe driving practices. Unfortunately, there are still some parents that disregard the safety of our students. I ask again that all parents using the Kiss and Drive to exercise patience and be courteous.

Toilets

A number of staff members have informed me that parents are using the children’s toilets during the day, especially before and after school. For obvious reasons, this practice can not continue. I request all parents, and grandparents, use the parish toilets and not the students'/disabled toilets next to the library. Parents are also requested to advise grandparents if they collect their children.

Student Community Service Placements

Due to Legislative, Insurance and Occupational Health and Safety requirements, any students wishing to participate in Community Service at our school, are formerly required to submit written authorisation from their current school or college. All placements must be approved by myself or an acting Principal before the commencement of Community Service.

Have an enjoyable week.

Greg Martin

GREG MARTIN
Principal
A huge ‘THANK YOU’ to Domenic De Luca and Greg McKeaig, 2 of our special Grandfathers, for our beautiful vegetable garden.
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
Year 5—Emeralds
Year 3/4—Sapphires were defeated by SMG Blue Stars
Year 3—Diamonds defeated St Columba’s Pearls
Year 2/3—Pearls were defeated by St Columba’s Diamonds
Year 2—Opals were defeated by Kooyong Purple Pythons
Thank you to everyone who helped with the Bunnings Sausage Sizzle last Sunday. Steven Vincuillo and all the volunteers braved the wild weather and in spite of the rain we still managed to raise over $700!

Thanks to Mar Hube, Amy Gardiner, Byron Savage, Steve May, Peter Edmondson, Emily McLean, Laura Wolters, Jakub Jusziewicz, Liz Edmondson, Andrew Gorman, Graham Sweetman (who travelled back from Mandurah in the rain to help out!), Tracy Brown, Brodie O’Neil and Jenn Debono.

A huge thanks to Leesa & Steve Vincuillo for once again donating all the drinks and condiments towards the event!

SAVE THE DATE!
Bogan Bingo
Friday 7th August, 2015
(Refer to Flyer attached to this newsletter)

It is great to hear the excitement around the school about the up and coming Bogan Bingo night. Tables are selling fast, so if you haven’t already booked, get some friends together, book a table and come along for a fun-filled night.

Next P&F meeting is Tuesday, 16th June
Entertainment™ Book:

We are selling the popular Entertainment™ Books to help raise money for our School. The book should have come home with your eldest child this week. The Books sell for $65, and we keep $13 for every one we sell.

How do I buy my Entertainment™ Book / Digital Membership

1. To buy the Entertainment™ Book:

Simply keep the Book your child brought home and make your payment online at www.entbook.com.au/83589g, or complete the order form included with your book and return in your personalised envelope to the P&F Box or front office by 25/05/2015.

2. To buy the Entertainment™ Digital Membership:

Make your payment online at www.entbook.com.au/83589g, or complete the order form included with the book you received. Your Digital Membership will be emailed to you so please return the Entertainment™ Book in your personalised envelope to the front office by 25/05/2015.

3. Need more than one?

Extra memberships can be purchased either online or using the order form included with the book and will be sent home once the fundraiser is finished.

If you, or any of your family or friends do not want to purchase the Entertainment™ Book, please return the Book to the front office by 25/05/2015 in the personalised envelope provided, clearly marked with your child’s name.

If you have any questions, please do not hesitate to contact Verity Donovan on 0413038104 or via email on vdonovan@bigpond.net.au
Here’s more from Michael Grose for families in our community with younger children

www.parentingideas.com

Like world peace, family harmony is an admirable concept worthy of aspiration but well nigh impossible to attain. It seems that kids in families are programmed to fight with each other, but also parents have the power to facilitate learning.

When parents take an active approach to helping their children resolve their fights, they are teaching them a valuable life skill as well as reducing the incidence of fighting over the long term.

Here are some ideas to help you on the path to family harmony, at least some of the time!

1. **MODEL good conflict resolution skills.** Kids wear L plates when it comes to solving disputes. Some kids will yell, get abusive or even get physical when they are settling disputes. Show them better ways of sorting out problems by talking things through with your partner, compromising and apologising when you’ve said something upsetting to your partner or your children.

2. **Help kids MANAGE their emotions.** “Yep, it would make me mad too if someone said that to me.” Usually someone’s feelings get hurt when siblings argue so make sure you recognise their emotions without taking sides. This focus on feelings helps kids develop emotional literacy and promotes empathy in siblings as well.

3. **Encourage them to MAKE-UP.** Kids often get over disputes far quicker than adults. They can be squabbling one minute and cuddling up the next, so it gets tricky intervening sometimes. However there are times when you need to encourage a child to mend bridges with an aggrieved sibling. This can mean kids have to swallow their pride, admit that they may be wrong, make an apology or make some sort of restitution such as doing a special favour. This type of restoration means kids must take responsibility for their behaviours and is a sign of growing maturity.

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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>
<thead>
<tr>
<th>Week</th>
<th>Day</th>
<th>Date</th>
<th>Parent's Name</th>
<th>Parent's Name</th>
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<tbody>
<tr>
<td>5</td>
<td>Friday</td>
<td>22/05/2015</td>
<td>Laura Wolters</td>
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<td>6</td>
<td>Monday</td>
<td>25/05/2015</td>
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<td></td>
<td>Wednesday</td>
<td>27/05/2015</td>
<td>Angela Dudley</td>
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<td>Friday</td>
<td>29/05/2015</td>
<td>Candi Dodd</td>
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<td>7</td>
<td>Monday</td>
<td>1/06/2015</td>
<td>PUBLIC HOLIDAY</td>
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<td></td>
<td>Wednesday</td>
<td>3/06/2015</td>
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<td>Friday</td>
<td>5/06/2015</td>
<td>Nicole O'Rourke</td>
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<td>8</td>
<td>Monday</td>
<td>8/06/2015</td>
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<td>Wednesday</td>
<td>10/06/2015</td>
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<td>Friday</td>
<td>12/06/2015</td>
<td>Stephen Harris</td>
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<td>9</td>
<td>Monday</td>
<td>15/06/2015</td>
<td>Nada Clark</td>
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<td></td>
<td>Wednesday</td>
<td>17/06/2015</td>
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<td></td>
<td>Friday</td>
<td>19/06/2015</td>
<td>Nadine Barker</td>
<td>Joelle Zdravic</td>
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<tr>
<td>10</td>
<td>Monday</td>
<td>22/06/2015</td>
<td>Jo Byrne</td>
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<td>Wednesday</td>
<td>24/06/2015</td>
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<td>Friday</td>
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<td>11</td>
<td>Monday</td>
<td>29/06/2015</td>
<td>Anna Quach</td>
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<td></td>
<td>Wednesday</td>
<td>1/07/2015</td>
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<td></td>
<td>Friday</td>
<td>PUPIL FREE DAY</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.

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**Pastoral Care Raffle**

| Kindy Green | Week 5 Max Kryachok  |
| Kindy Green | Week 6 Hayley Coffey |
| Kindy White | Week 5 Ava Moretta  |
| Kindy White | Week 6 William Buckley |
| PP Green    | Week 5 Keira Nguyen  |
| PP Green    | Week 6 Aiden Janney  |
| PP White    | Week 5 Andre Fragomeni|
| PP White    | Week 6 Ruby McKitterick|
| Year 1 Green| Week 5 Brody Clark |
| Year 1 Green| Week 6 Bianca Magill|
| Week 5      | Year 1 White       |
| (22/5/15)   | Week 5 Alla Blatchley|
| AND         | Week 6 Christian Campbell|
| Year 2 Green| Week 5 Eva Ierace |
| Week 6      | Year 6 Maxi Orsi   |
| (29/5/15)   | Week 6 Eva Ierace |
| Week 6      | Week 6 Christian Campbell|
| Year 3 Green| Week 5 Marko Dimitrijevic |
| Year 3 Green| Week 6 Zoe Brindal |
| AND         | Week 5 Kan Sweetman|
| Year 3 White| Week 6 Matilda Cooper|
| Year 3 White| Week 5 Leah Savage |
| Year 4      | Week 6 Maximillian Orsi|
| Year 5      | Week 5 Saxon Harbrow |
| AND         | Week 6 Teagan Duffin|
| Year 6      | Week 5 Alexander Pez|
| AND         | Week 6 Eleanor Gotti|

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**MOTHER’S DAY MORNING TEA**

Mother’s Day morning tea attended by approximately 100 mums and grandma’s.

Thanks to all the wonderful ladies who brought a plate, cleaned up and helped setup.

Special thanks also to those who kindly donated the many beautiful prizes for the raffle.
Community News

With the weather being the reason for the cancellation of the Mercedes All class reunion on Sunday 17th May 2015, nothing damped these girls from the Class of 1976 who decided to make the most of the opportunity to catch-up, some not having seen each other for 39 years with drinks and lunch at the Grosvenor Hotel.

Memories shared and lots of laughter was had, leading to a decision that the Class of 1976 was a great group and we would love more to recontact to share in the fun.

Plans have commenced for a 40 year reunion of the Class of 1976 to be held in 2016.

We are wanting to hear from all from the Class of 1976 (and those who may have left in 1974 who would have graduated in 1976.)

Please contact Viv 0422171978 or email vivlemon@yahoo.com.au or mesa@mercedes.wa.edu.au.”
Community News

Pristine Entertainment Presents

The Rocky Monster Show

written by Michelle Siron

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

Tickets: $25
Concessions: $20

Carine Senior High School
Osmaston rd, Carine

For tickets
http://post.be/pristinerockymonster
or contact Dorothy on
0419 246 122.
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,
Dianne Sobelko

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

Ben Silverman Property Consultant

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

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manderson@floodsweethome.com.au
www.elcetersweethome.com.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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Unit 1, 113 Broadway
BASSENEAN

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Lisa Baker MLA

MEMBER FOR MAYLANDS

(08) 9370 3550

(fax) 9272 4291