Dear Parents, Caregivers & Students,

School Parking and ‘Kiss & Drive’:

As most of you would be aware, the rangers have been out in force during the week, issuing parking fines and instructing people to move away from the round-about. The round-about issue is a major concern for the local residents. We receive weekly phone calls from irate residents, complaining about parents parking in driveways, blocking the round-about and disregarding the street rules. We don’t need to be Rhode Scholars to work out that the shire has also be contacted by the residents hence the presence of the rangers.

Having read the comments posted on Facebook recently, I would like to clarify a few points raised by parents. When I arrived at St Columba’s School in 2008, parking was already a problem and an agenda item at Board Level. Even though we have gone double stream, extra parking spots have been established along Milne St and the parish car park for staff. We weren’t a full single stream school back in 2008, but we still had problems with parent parking and staff parking, hence it is all relative when you put the whole situation into perspective.

From the Principal’s Desk

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(Cont’d Page 2)

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—Wed 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.
During my first few years of my principalship at St Columba’s, the staff parked out on the street because there were insufficient bays in the parish carpark. This has since been rectified with the increased number of bays created in the staff carpark. Having stated the above, the short term problem we currently have is the building program, with the tradesmen taking up bays on the street and in the staff carpark. This will obviously be rectified, but not in the short term. It will be another six months before the building program is complete and the school will go back to having the parking bays available. I estimate there will be another 20-30 bays free when the builders have finished.

In summary, please take note of the following:

- The school acknowledges there is a problem with parking around the school and the district. Nothing has changed since my arrival and apparently, as advised by long term serving staff members, it has always been a problem.

- The school has adhered to all planning regulations associated with the building program and going double stream. This includes the creation of extra parking bays around the school.

- We cannot physically create any more parking bays around the school. We’re at our limit.

- We’re no orphan when it comes to problems with parking. Every school has the same problem.

- That City of Bayswater Rangers play an important role in managing parking and the inconvenience this causes to residents around the school.

- Parents have an option of parking further away from the school and walking their children to school. We have encouraged this point on a number of occasions.

- Parents should be mindful of local residents and not park in their driveway.

- The responsibility for parking around the school is not the responsibility of the School nor the Board, but advising parents to be more respectful of local by-laws and residents are the School’s responsibility.

- We request parents to keep driving down the street if the ‘pick-up & drop-off’ area is full. The area is normally cleared in 5 minutes. Please do not move into the round-about until it’s completely clear.

- If you have to get out of the car to do your child’s seat belt then please park your vehicle and collect your child. Driving into the ‘Kiss & Drive’ area and then getting out to do your child’s seatbelt defeats the purpose of having a ‘Kiss & Drive’ area.

- We also request that parents (and most of the time it’s the grandparents) do not do ‘U’ turns at the ‘Kiss & Drive’. Not only does it create more congestion as parents try to do 3-point turns, it is also a dangerous practice and we have precious cargo walking home. Please drive down to the second round-about along Roberts St and drive back up.

- Do not park in front of the double gates, at the front of the school. This area needs to be left clear at all times, in case of an emergency. There is a sign on the gate clearly indicting the above.

- If you’re asked to move on then please do so immediately. If your children are not there waiting to be collected, it creates more congestion and chaos having the vehicle stationary in the ‘Kiss & Drive’.
Principal’s Desk (Cont’d)

- Pre-primary and Kindergarten parents are encouraged to vacate the parking bays as quickly as possible when the children are dismissed at 2.45pm. I realise this doesn’t encourage relationships nor community, but it’s the reason why the students in these year levels commence at 8.45am and finish at 2.45, to ensure there are parking bays available.

- Please be assured your children are safe and looked after, hence don’t stress if you’re not at school at 3.00pm exactly. Five to ten minutes past 3.00pm is acceptable for parents to arrive and collect their children.

I realise I haven’t solved the parking problem at the school, and to be honest, I’m fairly certain there will never be sufficient bays to for the majority of the families, but if all parents follow through with the above, I am certain the congestion before and after school will be relieved and everyone will be a lot happier, including the local residents. I take this opportunity to thank you all for your support with the above.

Signing Students In & Out of School:

It has been brought to my attention that a number of students are signing themselves in when arriving to school late. In the best interests and safety of all students, parents are requested to park their vehicle and sign in/out their children at the office.

OSHC:

A reminder to all parents that places are limited for the end of term Pupil Free Professional Development days (2 days at the end of term) and Vacation Care. Please contact Rebecca Shaw on 92082723 if you require further information or you would like to book you child into the two days/program.

Waiting on the Basketball Court:

As mentioned in previous newsletters, I request all parents to wait on the basketball court before and after school and not gather outside the classrooms. Please also 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, after the bell sounds at 8.40am, has become a distraction for both staff and students in Years 1 & 2. For those families using the school for after school activities, I request the same, that students and siblings remain with you at all times on the basketball court. 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 before or after school.

St Columba’s Day:

A wonderful day was had by all the students who participated in the St Columba’s Day at Bayswater and South Perth. Thank you to all the staff for coordinating the tabloid sports and the BBQ. This will now be an annual event with our Senior students visiting South Perth next year and their Junior students visiting Bayswater.

Greg Martin

GREG MARTIN

Principal
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)

St Columba’s Primary School is having two PUPIL FREE DAYS on 2nd and 3rd July 2015. The St Columba’s O.S.H.C will be operating throughout the day, from 7:00am – 6:00pm. Places are filling fast, so if you would like to book your child/ren in, please contact Rebecca Shaw on 9208-2723, or email oshc@stcolsbays.wa.edu.au.

Book Swap

During Book week (24th—28th August) there will be a ‘BOOK SWAP’ to raise funds for School Resources. Details of the event are attached to this newsletter. Any questions please contact Camille Goodlich on 0432 375 937.

Netball News

Year 6—Rubys
Year 5—Emeralds
Year 3/4—Sapphires
Year 3—Diamonds
Year 2/3—Pearls : were defeated by SMG Grand Goretti’s
Year 2—Opals : were defeated by Notre Dame Primary School
Next P& F meeting is Tuesday, 16\textsuperscript{th} June

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.

**Entertainment™ Book:**

Entertainment™ Books are now **OVERDUE**. If you would like to purchase the book which came home 2 weeks with your eldest child please see the payment instructions below.

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 as soon as possible in the personalised envelope provided, clearly marked with your child’s name.

If you have or will be buying a digital membership please also return the book to school as your membership will be emailed to you.

Thanks for your support.

If you have any questions, please do not hesitate to contact Verity Donovan on 0413038104 or via email on vdonovan@bigpond.net.au

**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](http://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 as soon as possible.

2. **To buy the Entertainment™ Digital Membership:**

Make your payment online at [www.entbook.com.au/83589g](http://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 as soon as possible.

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.
How to talk to kids about food

Featuring Dr Rick Kausman, Director of the Butterfly Foundation

Talking to your child about food can be daunting. Children are becoming more and more conscious of their bodies, people’s comments, and what and how they eat at an increasingly young age. They look to adult role models in their life to help them build a healthy relationship with food, but many of us, through no fault of our own, don’t know what that looks like.

Mentone Girls’ Grammar School holds parenting seminars to help their community navigate some of the difficult issues faced when raising children. Recently, we invited Dr Rick Kausman to talk about how to protect children from eating disorders and promote healthy eating.
Dr Kausman is recognised as the Australian pioneer of the person-centred approach to food, eating behaviour, weight and health. He has worked for over twenty years with people who are locked in a constant battle with food, erratic dieting and fluctuating weight. “Dieting is never the answer. We need to develop a positive relationship with food – one that is not centred on deprivation, punishment and guilt.”

“Instead of relying on our body’s natural intuition, diets force us to comply with a set, rigid and unnatural eating plan. Some days we are hungrier than others – and that’s ok.”

His philosophy is to use ‘mindful eating’ to think about how to eat for nutrition and wellbeing – without banishing the ‘sometimes’ treats.

“Listen to your body and be the healthiest you can be. As a result, you will achieve and maintain a comfortable weight without being deprived of food or losing quality of life.”

Children often model their parents’ behaviour, and this applies to eating as well. We need to be aware of how our relationship with food looks to our children. Mindful eating is an approach that encourages us to get in tune with our bodies and remove any destructive habits.

Here are five tips from Dr Kausman about how to talk to your kids about food, eating and body image.

**Do your best to avoid labelling food as ‘good’ or ‘bad’**. These have a connotation of guilt. Instead you could use ‘sometimes food’ or ‘always/everyday food’.

Encourage children to differentiate hunger from wanting something just for the taste of it, and from other drivers such as being bored. For example, when your children ask for snacks, you might ask them if they would like something to fill their tummies (looking for physical hunger), or something that feels good in their mouth (something just for the taste of it, thus needing a small amount) or the possibility that they are bored (giving us an opportunity to offer an alternative to food).

**Do your best to not comment on their appearance, your own or others’ appearance**, in relation to weight and body image. One seemingly innocent remark, can stick in their minds and shape how they feel about themselves and their body/body image in the long term.

**Talk less. Listen more**. Don’t avoid important conversations with children about what they see, hear and feel. Have open discussion about the silly diet that they saw in a magazine and explain why it is unhealthy. Car rides are a great place to have these conversations. There are no distractions and it doesn’t feel forced.

**Try to practice what you preach**. Do your best to model the behaviour that you want your child to adopt. Practice mindful eating and, before long, you will have formed new habits.
Techniques for eating mindfully include taking time to sit down and savour every mouthful of your food, identify your drivers and ask yourself ‘is that what my body feels like?’.

Mentone Girls’ Grammar School is dedicated to its focus on wellbeing to help protect young people from the trap of obsessing about their bodies. “School is the best time to set children’s agenda for how they think about their bodies, and approach their health for the rest of their lives. So what we do here is very important,” said Vice Principal of Wellbeing, Jo Frost.

“We opt for a positive education approach which heralds the benefits of being strong and fit, physically and mentally, so that you can achieve your ‘real’ goals in life. Our theme of ‘wellbeing’ focuses on overall health of both mind and body, positioning mental health with the same importance as physical health.”

Hear more from Dr Kausman in these short videos:

Dr Kausman on Today Weekend Show: What is mindful eating?
Dr Kausman and daughter, Meaghan: Photoshopping in the media
Dr Kauman: Endangered bodies

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>
</tr>
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<tbody>
<tr>
<td>9</td>
<td>Friday</td>
<td>12/06/2015</td>
<td>Caroline Smith</td>
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<tr>
<td>9</td>
<td>Monday</td>
<td>15/06/2015</td>
<td>Nada Clark</td>
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<tr>
<td>9</td>
<td>Wednesday</td>
<td>17/06/2015</td>
<td>Louise Markovic</td>
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<tr>
<td>9</td>
<td>Friday</td>
<td>19/06/2015</td>
<td>Nadine Barker</td>
<td>Joelle Zdravic</td>
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<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>
<td>Tina Van Maanen</td>
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<td>26/06/2015</td>
<td>Nicole O’Rourke</td>
<td>Steph Coates</td>
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<tr>
<td>11</td>
<td>Monday</td>
<td>29/06/2015</td>
<td>Anna Quach</td>
<td></td>
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<tr>
<td>11</td>
<td>Wednesday</td>
<td>1/07/2015</td>
<td>Sascha Harris</td>
<td></td>
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<tr>
<td>11</td>
<td>Friday</td>
<td>1/07/2015</td>
<td>PUPIL FREE DAY</td>
<td></td>
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</tbody>
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There are days that require parent help in term 3. 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!

Milla Iaschi  
2G

Mabel Armstrong  
3W

Lily Endersby  
3W

Cian Veale  
Year 4

Andrea Mandujano  
KG

Aidan Campbell  
Year 4

Kindy Green  
Week 8 Kassandra Flexman  
Week 9 Chase Morris

Kindy White  
Week 8 Oscar Durack  
Week 9 Aoife Rattray

PP Green  
Week 8 Dante Felt  
Week 9 Milly Cooper

PP White  
Week 8 Lucia Dawes  
Week 9 Thomas McDougall

Year 1 Green  
Week 8 Emily Thoms  
Week 9 Chris Lestino

Week 8  
(12/6/15)

Year 1 White  
Week 8 Malachi Donovan  
Week 9 Ella Maio

AND

Year 2 Green  
Week 8 Lucas Handcock  
Week 9 Charlotte Dyer

Week 8  
(12/6/15)

Year 2 White  
Week 8 Holly De Luca  
Week 9 Samuel Kemp

Year 3 Green  
Week 8 Ilyssa Fuentes  
Week 9 Nelson Brown

Year 3 White  
Week 8 Rico Pirone  
Week 9 Amelia Vinciullo

Year 4  
Week 8 Anthony Di Angelo  
Week 9 Corrina Porreca-Rechichi

Year 5  
Week 8 Ola Jayamaha  
Week 9 Digby Pettit

Year 6  
Week 8 Scarlett Mills  
Week 9 Mateo Clark

***************Book Raffle**************
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
suite 3 89 old perth road,
bassendean wa 6054
po box 159 bassendean wa 6934
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Michael Crofton  0403 017 804  Email: michael@chl.net.au

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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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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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BASSENDEAN

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