Mt 9:13; Ps 146:7-9; Ps 147:3, 6; MV, no. 6, 20

"Go and learn the meaning of the words, 'I desire mercy, not sacrifice.' I did not come to call the righteous but sinners."  (Mt 9:13)

[It is the Lord who] "secures justice for the oppressed, / who gives bread to the hungry. / The Lord sets prisoners free; / the Lord gives sight to the blind. / The Lord raises up those who are bowed down; / the Lord loves the righteous. / The Lord protects the resident alien, / comes to the aid of the orphan and the widow, / but thwarts the way of the wicked."  (Ps 146:7-9)

[The Lord is] "healing the broken hearted, / and binding up their wounds. . . . The Lord gives aid to the poor, / but casts the wicked to the ground."  (Ps 147:3, 6)

**YEAR OF MERCY**

**Mt 9:13; Ps 146:7-9; Ps 147:3, 6; MV, no. 6, 20**

"Go and learn the meaning of the words, 'I desire mercy, not sacrifice.' I did not come to call the righteous but sinners."  (Mt 9:13)

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

<table>
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<tr>
<th>MERCY</th>
<th>JUSTICE</th>
<th>SERVICE</th>
<th>COMPASSION</th>
<th>EXCELLENCE</th>
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**MERCY VALUE FOR 2016 IS MERCY**

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.

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**IMPORTANT DATES**

**THURSDAY 11th FEBRUARY**
Assembly Senior General 2.30pm
Year 2 Parent Information Night—6.00pm
Year 5 Parent Information Night—7.00pm

**SUNDAY 14th FEBRUARY**
Community Mass 9.30am

**MONDAY 15th FEBRUARY**
Pre-Primary Parent Information Night 6.00pm

**TUESDAY 16th FEBRUARY**
P&F Meeting 7.30pm

**WEDNESDAY 17th FEBRUARY**
Year 6 Parent Information Nights 6.00pm

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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.

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**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 1 Dates:** Mon 1 Feb—Fri 8 April
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 Lent, we work to renew our lives through prayer, fasting, and almsgiving. These disciplines help prepare us to celebrate the memorial of the Life, Death, and Resurrection of Christ at Easter. Usually, we are encouraged to give something up (fasting from something) or make a certain sacrifice (for example, give up desserts or do service at a local shelter). While these practices strengthen our spiritual lives, it is important that we are doing this with the right intention. In Matthew’s Gospel, Jesus tells the Pharisees that God desires mercy (Mt 9:13). This is in opposition to the practice of empty sacrifices in which a person is merely going through the motions. Those who make empty sacrifices are not making a real commitment to reestablishing their relationship with God by changing their lifestyle to reflect God’s love and mercy.

Our sacrifices must involve the proper attitude and action because God’s mercy is not just an idea. It is "a concrete reality through which he reveals his love as that of a father or a mother, moved to the very depths out of love for their child" (MV, 6). The acts of kindness and compassion that we read about in Psalms 146 and 147 are actions that the Lord does. God inspires his people to care for sick, the poor, the oppressed, the prisoner, and those who are suffering hardship. Because God first loves us and shows us his compassion, we in turn are able to show compassion to our brothers and sisters. These compassionate acts are especially seen in the corporal works of mercy (cf. Mt 25:31-46). The corporal works of mercy include: "to feed the hungry, give drink to the thirsty, clothe the naked, welcome the stranger, heal the sick, visit the imprisoned, and bury the dead" (MV, 15). During this Lenten season, let us strive to practice the corporal works of mercy with an attitude of mercy and compassion towards our neighbor so that others may experience the love of God through our actions.

**Reflection Questions**

1. What is one thing within each Lenten discipline of prayer, fasting, and almsgiving that you can do this Lent out of compassion? Are there activities that you can do with friends, as a family, or with your parish?

2. Is there one particular Corporal Work of Mercy that you already participate in or would like to become involved with during this Jubilee of Mercy? Why do you feel called to this particular act of mercy? Reflect on your life and note any times that you have been on the receiving end of these mercies. Continue passing on God’s merciful love by checking with your local parish to see what sort of ministries are already offered that involve these corporal works of mercy and become involved with them.
Notices

Ash Wednesday Mass:
All families are invited to the Ash Wednesday Mass, scheduled for next Wednesday, commencing at 9.00am in the parish church.

Community Mass:
A reminder the Community Mass has been scheduled for next Sunday, 14th February, commencing at 9.30am. I would like our first community mass to be a special celebration, for all, as we prepare for the challenges ahead of us, hence I would like to see the church overflowing with students and families attending the celebration. Please mark the event in your diary and make a special effort to bring your children to the mass.

2016 Parent/Teacher Information Sessions:
Pre-Primary: Monday 15th February. 6pm. Library
Year Two: Thursday 11th February. 6pm. Library
Year Five: Thursday 11th February. 7pm. Year Five classroom.
Year Six: Wednesday 17th February. 6pm. Year Six classroom.

(Cont’d Pg 4)
One of the most important parenting skills:
from Michael Grose  parentingideas.com.au

There’s one essential skill that’s absolutely paramount for parent effectiveness but it’s overlooked in most parenting books and articles.

That is, the ability to manage your reactivity.

Ever had your best parenting intentions hijacked by your emotions?

Do any of these situations sound familiar?

You know you should stay calm in the face of a young child’s tantrum but you simply blow your top instead.

You know you should just let your teenage son’s smart aleck, patience-testing comments go but you can’t help giving him a piece of your mind instead.

You know the best response to low-level, but annoying, sibling bickering is to simply ignore it, but your anger gets the best of you and you yell...just like your kids.

You can learn all the positive parenting strategies you want but none will be effective until you figure out a way to manage and control your emotional reaction to kids’ misbehaviour.

Yes, we get tired but that’s no excuse for our inability to manage our reactions. Tiredness and fatigue reveals our default skill levels. Sportspeople, like parents, always revert to their base skill levels when they get tired. That’s why elite sportspeople keep practising basic skills so that they can still execute them well under pressure and fatigue.

So how can you better manage your reactivity?

It all starts with our breathing!

Yep, manage your breathing and you then start to manage your thinking and your feelings.

Breathing is the only visceral or physical process that can change your thinking.

But remembering to take some breaths can be a feat in itself.

First, you need to stop yourself from speaking or acting impulsively. Yes, STOP!
Step away from the situation that causes you stress. That step may be tiny – it maybe a look away, a small movement away from a tantrum-throwing child, or a taunting teen. But the movement away can be enough to stop you from reacting and give you the necessary space for you to take some big nasal, belly breaths! It’s the breathing that changes your state. It’s the stopping and breathing that needs to become your default behaviour whenever you experience stress. This not only buys you thinking time, but also helps you change your emotional state enough that you can bring yourself back from the edge of losing your cool. You can practise this self-management technique at work, in the community, as well as at home.

The ability to manage your reactions is the skill that makes all the other parenting and personal skills happen. It’s the skill that will make you more effective as leader (as the leader in any group is the person who remains calm when a crisis hits); more effective as a manager and more effective in all your relationships including those you have with your kids. Yet, it’s the skill that few people think about and very few practise.

Jennifer Maughan

Social Worker

St Columba’s School Bayswater

Tues, Wed & Thursdays

P: 9208 2704

E: maughan.jennifer@cathednet.wa.edu.au
Hello to old and new families for 2016, hope you all had a relaxing break.

Our first P&F Meeting is scheduled for Tuesday 16 February at 7.30pm in the school library. We are still down on numbers for Class Reps, so put your hand up for this role and look at it as an opportunity to meet everyone in your class and be the voice of ideas/concerns/appreciation for your class (the meetings are not that scary I promise).

Last year the owner of ProAcqua presented to the P&F their sustainable bottles and how they are committed to reducing plastic bottle waste in schools. Samples of these bottles can be seen at the canteen, along with order forms (Order forms are also attached to this newsletter. Orders/money can be placed into the P&F box (located near the school office) by Friday 18 March 2016. Part proceeds from sales will given to the school

Jennifer Debono
P & F President

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. All order will need to be picked up from the uniform shop. 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

News from the Library

This year the library is trialling a new procedure for students to transfer/carry their library books to and from school. Years 2 – 6 may now use their green school homework folders as a library bag until further notice.

Should students already have their own library bag, they are welcome to continue to use this.

Thank you
Rita Cuthbert
Library Officer

Sports News

Sport in 2016

There have been some exciting changes for St Columba’s in relation to our Interschool Sport competitions in 2016!

Due to the increase in student numbers at our school, our leadership team has made an executive decision to accept an invitation to join an Interschool Association of similar sized schools.

What this will mean for our school is that we will have more opportunities to compete with other schools, of a similar size, at Interschool level.

The Faction swimming carnival details will not change, (involving Yr 3-6), however, the Interschool swimming competition will be held in Week 2 of Term 2 at HBF Stadium. This event will involve students from Years 4-6 (not Year 3).

Interschool Cross Country (Year 3-6), will be held in Week 2 of Term 3.

Faction (PP-6) and Interschool Athletics (Yr 3-6) will be held in Term 4.

In Term 2 our senior students will participate in Sacred Saints (netball, soccer and AFL competition), culminating in a lightning carnival. We will have a Super 8’s cricket day in Term 4 and possibly a basketball and tennis (Hot Shots) competition also.

The school calendar will be updated with the new details once these have been finalised by the Interschool committee.

Thanks to all the parents for your support in 2015 and looking forward to a great year of competition in 2016!

Regards
Mrs Jo McCluskey
Canteen

Please place all canteen orders online via www.ouronlinecanteen.com.au. And remember to include your child’s present class.

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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.

To:

Xavier Brandis
Kindy Green
Mia Ross
4G
Leo Rakitic
Kindy Green
Anthony Wells
4G
Cerys Everley
Kindy White
Timira Ratnasekara
Year 6
Sidney Carter
PPG
Felix Francis
Year 5

Week 2 (12/2/16)

Kindy Green
Week 2 NO RAFFLE
Week 3 Xavier Miller
Kindy White
Week 2 NO RAFFLE
Week 3 Maggie Alvisse-Coles
PP Green
Week 2 Lauren Pincus
Week 3 Alexander Ward
PP White
Week 2 Leon Migliore
Week 3 Lily Edmondson
Year 1 Green
Week 2 Evan Jaszkiewicz
Week 3 Hanna Kemp

Week 3 (19/2/16)

Year 1 Green
Week 2 Nicholas Wild
Week 3 Amethyst Francis
Year 2 Green
Week 2 Libby Byrne
Week 3 Daniel D’Esposito
Year 2 White
Week 2 Sasha Barker
Week 3 Malachi Donovan
Year 3 Green
Week 2 Roman Kales
Week 3 Ella Teggerth
Year 3 White
Week 2 Gabrielle Ziino
Week 3 Lucas Bonnett
Year 4 Green
Week 2 Tammi Ma
Week 3 Anthony Wells
Year 4 White
Week 2 Harrison Harp
Week 3 Bianca De Mello
Year 5
Week 2 Aiden Lee
Week 3 Porscha B-Cliffe
Year 6
Week 2 Felixia Gunawan
Week 3 Joshua Strohmeier
Community News

**Looking for Soul Food?** The Centre for Faith Enrichment is offering two short online courses in Term One.

1. **Encountering Jesus Anew in the Year of Mercy:** Tuesdays 16th February – 8th March, 12pm-1pm, $20;
2. **Dive Deeper: Exploring Faith:** Tuesdays 23rd February – 8th March, 8pm-8.30pm, $15. For more information or to register, visit [www.cfe.org.au](http://www.cfe.org.au) or call 9241 5221. These courses are a great opportunity to explore matters of the soul in a relaxed and friendly way, with no exams or assignments! ALL welcome!

**Learn the game of hockey at Eastern Blades Hockey Club.**

Registration Day: Saturday 13th February 11am to 2pm
Altone Park Clubrooms, Benara Road Beechboro

Hookin2Hockey (8 week) Programme commencing Thursday 28th April 5:30pm at Altone Park, Beechboro.

Catering for primary school children aged 10 and under.

Enjoy a fun environment in which to learn the game of hockey and perfect the skills.

Registration fee $50 plus purchase of equipment pack containing stick, ball & shin pads

Contact: Nick Seddon 0407 989 177

**Rockit Kids weekly singing/dance classes start Friday Feb 12th in Maylands.**

This fun rock/pop/performing arts school for 4-12 year old boys and girls will run during school terms at Estudio Nuevo on Maylands Cafe Strip. Kids will learn pop/rock and music theatre songs and choreography, whilst developing performing arts skills, confidence, teamwork - and most importantly having fun and making new friends. Fully qualified teachers with WWC certificates.

FFI: Contact: Chloe King
Mob: 0400 953443

[info@rockitkidsgroup.com](mailto:info@rockitkidsgroup.com)
[www.rockitkidsgroup.com](http://www.rockitkidsgroup.com)
Community News (Cont’d)

The Council and Staff of the Parents and Friends Federation of WA would like to welcome everyone back to the new school year. We trust that at this stage, into week 2, you are all back into the routine of lunches, uniforms and searching for those elusive permission slips at the bottom of school bags.

The staff here in the office have hit the ground running and are currently working hard to get information about our upcoming conference in May out to all schools. The dates for the conference this year are Friday 20th and Saturday 21st May. The Awards of Excellence in Building Positive School Communities will be presented at the conference dinner on Friday 21st May. Nomination forms for the Awards of Excellence are already available on our website, so get your entry in early!

We are also receiving lots of calls in the office from parents who are working hard to ensure P&F’s and parent groups get off to a good start for the year. If you need any information about office bearer’s roles, governance or just some general advice please don’t hesitate to contact us.

Theresa McDonnell, the new Liaison Officer at the Federation, has settled beautifully into our small office and she, along with Siobhan Allen (our Executive Officer) is looking forward to getting out and about and meeting with parents and parent groups in Catholic schools throughout the state. If you would like to arrange a visit from PFFWA to your school, please contact the office or email theresa@pff.wa.edu.au and we would be delighted to organise a time.

Best wishes

PFFWA Council and Staff

https://www.facebook.com/pffwa  🌐 www.pff.wa.edu.au  📞 9271 5909  🏠 103 Wood St, Inglewood, WA 6932
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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 Sobejko

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MOUNT LAWLEY WA 6050

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