Parking around the school:
A reminder to parents to park in marked car bays and not on our neighbours verges or blocking driveways. The Ranger will be called out by neighbours if this occurs.

Pre-Kindergarten & Kindergarten enrolments for 2018:
Enrolment applications for Pre-Kindy and Kindy 2018 close on the 28th February 2017. For any enquiries please contact the school office.

Social Worker:
Jenny Maughan will be on leave for weeks 3 & 4 of this term. Please contact the school office for any emergency social work issues.
Lunch bunch will commence in week 5.

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 1 Dates: Wed 1 Feb — Fri 7 April
School Times: 8.30 a.m.—3.00 p.m.

*PLEASE CHECK THE WEBSITE PLANNER FOR REGULAR UPDATES TO THE CALENDAR*
Parent Information Evenings

Please make a note of the following dates for 2017:

Pre-Kindergarten and Kindergarten Information sessions took place in 2016

Monday 30th January – Year 1 (6pm in the Library)

Thursday 2nd February – Year 6 (6pm in the Year 6 classroom)

Monday 6th February – Year 3 (6pm in the Library)

Tuesday 7th February – Year 2 (6pm in the Library)

Wednesday 8th February – Year 5 (6pm in the Library)

Thursday 9th February – Year 4 (6pm in the Library)

Monday 13th February – Pre-Primary (6pm in the Library)
News from the Library...

A warm invitation is extended to all families to visit the library from 8:15am each morning, except Tuesday due to staff meeting. Kindy families take advantage to come and read all our fabulous picture books with your little ones till 8:45am.

The newbie Year 1s having fun exploring the library:

Any parents that would like to take home a small pack of new books to cover, please call into the library. The new books will have the contact supplied and ready cut to size. Your help in the library is greatly appreciated.
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

Orders for the uniform shop are now only accepted online via www.ouronlinecanteen.com.au. Text messages will be sent when your order is ready for collection. Orders cannot be left at the office for collection.

Commencing Thursday 2 February the new opening times for collection of orders from the uniform shop are:-

Wednesday 1.30pm to 2.45pm
Thursday 9.00am—9.30am and 2.15pm—2.45pm

Calico bags for year 1’s are now in stock. Please place orders online.

Any queries please contact Bec Pileggi on 0410 520 715 or bec.pileggi@gmail.com
It’s the start of a new school year and there is no better time to join the school banking program. The reasons why the program is so popular include:

1. A current interest rate of 2.30% (provided at least 1 deposit per month, and no withdrawals are made),
2. Every deposit earns a token and every 10 tokens earns a reward. Last year over 100 rewards were given to students (see picture),
3. Random major prizes. Currently it is a trip for five to Tokyo Disneyland,
4. Fundraising for the P&F,
5. Most importantly, banking/saving is a valuable life skill for our children to learn.

For those not already involved:
1. Fill in sections 2, 3 & 4 of the ‘School Banking Application’ attached to the newsletter,
2. Take the application to a CBA branch with a birth certificate or passport of your child and your own drivers licence or passport,
3. Turn up to the canteen area between 8.00am and 8.45am every Tuesday with your deposit.

Please feel free to contact the volunteer school banking coordinator, Chris Cornish, on 0409 998 330 or chris.cornish@avantfinancial.com.au if you have any questions.
Welcome to our Parenting Ideas information page

10 ways to promote children's well-being

By Michael Grose www.parentingideas.com.au

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. According to the Australian Psychological Society one in seven Australian children experience some type of mental health issue, with ADHD, anxiety and depression being the most common.

Having good mental health doesn’t mean kids don’t experience difficulties or worries. Feeling worried, sad or fearful is normal. Kids who are mentally healthy are equipped to handle many of life’s curve balls that come their way. They also don’t let their emotions overwhelm them. As a result they learn better and have more friends as well.

As a parent it’s useful to reflect on the mental health habits that you promote in your kids. Here are ten 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 nine 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 practise 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. Provide a space of their own: Children of all ages benefit from having some space of their own where they can think. Quiet time and down time give boys the chance to let their thoughts wander around inside their heads. It also helps them get to know, and even like, themselves. Boys will often do their best thinking on their own, so they tend to retreat to their caves (bedroom) when things go wrong at school or in their relationships. They need to go within to find their own answer.

(Cont’d)
6. Talk about their troubles: A problem shared is a problem halved. Talking about what’s worrying you is a great way to re-move the burden of worry and reduce anxiousness. Some kids bottle up what’s inside, while others will catastrophise a situ-ation, 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.

7. Help them relax: Make sure your child has a hobby or activity that relaxes them. The ability to relax and get away from the stresses of everyday life is essential. Some children who have real difficulty switching off may benefit from practising medita-tion or mindfulness, but most kids just need time to chill out so they can relax naturally. (I personally practise mindfulness and have found it a really helpful way to turn off my brain for a while!)

8. Have two routines – weekday and weekend: Most households are pretty highly scheduled these days. There are routines for getting up, coming home, eating meals and going to bed. These structures are necessary when we’re busy. Families need a second, more relaxed weekend routine that helps kids relax and unwind. It’s important to have this release valve if families are flat out busy during the week.

9. Foster volunteering and helpfulness: Social isolation is a huge predictor of poor mental health. Encourage your child to be connected to and help others in any way possible. Helping others reinforces social connectedness and the importance of being part of a community, as well as providing opportunities for positive recognition.

10. Bring fun and playfulness into their lives: Kids should be the kings and queens of play; however, some children live such full-on, organised lives that much of the natural fun and spontaneity has been stripped from their everyday life. Mucking around, which is code for having fun, is something many children of this generation don’t have time for. If you see your child constantly stressed or overwhelmed by events, change the mood by going to a movie, joining them in a game or seeking other ways to have some fun.

These ideas are basic common sense. However, as kids’ lives get busier these essentials get squeezed out. Here’s my recom-mendation to ensure that mental health habits aren’t overlooked or neglected. First, 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. Do this in your own way and your own time.

Jennifer Maughan
Social Worker
St Columba’s School Bayswater
Tues, Wed & Thursdays
P: 9208 2704
E: maughan.jennifer@cathednet.wa.edu.au
Pastoral Care Raffle

The Pastoral Care raffle will now be held on **Wednesday** mornings between the 1st and 2nd bell and will commence on Wednesday, 15 February 2017 for **PP - YEAR 6 ONLY**.

We will commence the raffle in the **KINDY** classes on Wednesday, 1 March 2017 to give families time to settle into their new surroundings.

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 (e.g., 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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<td>William Bonnett</td>
<td>Porscha B-Cliffe</td>
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Classifieds

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

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Enrolments for Year 7, 2018 are now being accepted.
For a prospectus and enrolment form, please contact La Salle College on 9274 6266 or visit the College website www.lasalle.wa.edu.au

OPEN DAY
Tuesday 5 April 2016
Tour Times:
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To book your tour contact 9274 6266

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