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.

Parish Mass Times

**Term 2 Dates:**

**Tues 26 Apr**—**Fri 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.

**IMPORTANT DATES**

**THURSDAY 30th JUNE**
Assembly Senior Year 5 2.20pm

**FRIDAY 1st JULY**
Term 2 concludes

**MONDAY 18th JULY**
Term 3 Commences

**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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**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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</table>

**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.
Out of School Hours Care (OSHC)

A reminder to book in for the July holiday program if you have not already done so. 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.

P & F News

**SAVE THE DATE**

Please put 28 October 2016 into your diaries. The P&F will be holding their annual fundraising night and this year we will be celebrating the 80’s (style, movies anything 80’s you have). The entertainment this year will be the band 80’s Inc. So save the date and start getting those outfits prepared.

St Columba’s Parent Group

You are invited to join the St Columba’s Parents Group, being organised by the Parish. Our meeting dates for July are Tuesday, 5th July at 9.30am and Tuesday, 19th July at 1.30pm. All parents welcome, and please feel free to bring your children along. We will meet in the Parish Hall. Please get in touch with Fr Minh-Thuy or myself if you have any queries. Thanks, Michelle Hofmann (stcolumbasparents@gmail.com).
Here’s more from Michael Grose for families in our community with younger children

www.parentingideas.com

TEACHING KIDS TO THINK BEFORE THEY JUMP!

Many children jump to conclusions when negative situations occur, which means they think and act impulsively rather than check out possible causes of events. These automatic responses may be justified as they are in line with past events, but in reality they are the least likely explanations.

For example, a boy is walking through the school yard and he’s hit in the face by a football. He automatically thinks someone is trying to hurt him. This is more likely if he has been on the receiving end of some rough treatment in the past.

But if he stops and thinks about it the most likely scenario would be that it was merely a ball kicked out of bounce by some kids involved in a game.

Similarly, a child who waits outside a shop for his friends who are ten minutes late may jump to the wrong conclusions and think, that they have ditched her. She could easily catastrophize and think that they have schemed against her, that they tricked her into going to the shops and they were never going to meet her. They just wanted to make a fool of her. The whole situation was a set-up.

Pessimistic thinking involves this type of quick escalation into the realms of the unlikely, which can leave you feeling physically and emotionally exhausted.

If this girl were slow down and think through the options then it’s fairly clear there are number of more likely scenarios such as, they missed a bus; they were held up; no one has a watch; or they are notoriously unreliable anyway. Slowing down your thinking is a great resilience skill that we all should practise.

Parents should model this type of thinking out loud so kids see how it’s done. If you are the type of parent who instantly looks for the negative side and then builds a mountain out of a molehill in no time, learn to slow down and think through the likely options out loud so your kids can hear how it’s done.

This can be challenging as modern media a propensity to focus on worst case scenarios in many news items, normalising the notion of catastrophising.

Media grabs and headlines frequently feature worst case scenarios such as ‘The worst recession in years…’ ‘Record drought figures……”,”Poll figures spell defeat for the government.” The propensity for highlighting the worst case rather than more likely scenarios teaches us to think the same.

The good news is we can think differently and teach our kids to do the same.

Jennifer Maughan

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

Thanks to all the students for supporting our international day. Here are some of our gorgeous pre-primary students enjoying some of the international flavours that were on offer.

Attached to this newsletter is an updated Canteen Menu for Term 3, along with a ‘What’s New to the Canteen’ flyer. Please also note that as from Term 3 there will be no Eftpos available in the Canteen.
To:
The following students who will be celebrating over the holidays:

Aiden Murphy (PKW), Mackenzie Markovic (1G), Eleanor Vanderklau (6), Zoe Car (1G), Michael Wells (1G), Jai Debono (2W), Alexander Harp (2W), Danae O’Neil (5), Jasmine Mann (3W), Aimee Bullier (5), Teagan Middleton (6), Jackson Lange (PPG), Mckenzie Livermore (5), Jack Mann (5), Keira Georgiou (6), Shristi Kumar (PKG), Brodie Eaton (KW), Saskia O’Neil (2G), Brielle Dovonan (PPW), Miel Fuentes (1G), Sydney Yeoh (KG), Addison Markovic (3G), Lachlan Marshall (4W),

Pastoral Care Raffle

Term rosters are placed on the classroom door and printed in the weekly newsletter for your 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 10 Xavier Brandis |
| Kindy White  | Week 10 Justine Ahn    |
| PP Green     | Week 10 Grace Thoms    |
| PP White     | Week 10 Brody Bedell   |
| Year 1 Green | Week 10 Zach Armstrong |
| Year 1 White | Week 10 Amelia Brajevic |
| Year 2 Green | Week 10 Lily May       |
| Year 2 White | Week 10 Claudia Coates |
| Year 3 Green | Week 10 Blake Partington |
| Year 3 White | Week 10 Monique Ward   |
| Year 4 Green | Week 10 Rico Pirone    |
| Year 4 White | Week 10 Lily Walsh     |
| Year 5       | Week 10 Jaymie Thompson|
| Year 6       | Week 10 Mimi Ma        |

Week 10 (1/7/16)
Community News

La Salle College
Annual Quiz Night
Friday 29 July at 7pm
Tickets now available from the Administration Office
or call 9274 6266.

To be part of the College’s Community Directory
please contact 9449 0635.
A donation to the Quiz Night is all that is required.
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.

Dianne Sobejko

Please contact Frank on 0455 922 472

Ben Silverman Property Consultant
m: 0487 727 054
p: 08 9378 3311
f: 08 9279 9388
e: ben@wellsteadteam.com.au

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bassendean wa 6054
po box 159 bassendean wa 6934
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WEST WADE COUNCILLOR
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www.facebook.com/crstephcoates

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PO Box 467, Morley WA 6943
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mail@bayswater.wa.gov.au www.bayswater.wa.gov.au

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Please contact Frank on 0455 922 472

PROFESSIONALS
wellstead team bassendean

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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

We Guarantee That Our Work Will Be Accurate & On Time Or It’s FREE

La Salle College
Touching Hearts, Teaching Minds, Transforming Lives
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:
9:15am, 11:15am and 1:30pm
To book your tour contact 9274 6266

YOUR LOCAL SOURCE FOR COLLECTIBLES & MEMORABILIA

Cobra Martial Arts Morley
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Learn self-defence, get fit and have fun whilst learning martial arts!
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info@cobramartialartsmorley.com.au
cobramartialartsmorley.com.au

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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
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(08) 9370 3550
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