Dear Parents and Students

Welcome back, and welcome to our new families. We hope you all had a wonderful holiday. Commiserations to all the Dockers supporters. The one point loss would have been heart wrenching. Don’t laugh too loudly Eagles supporters, Collingwood is peaking at the right time and are sitting at the top of the AFL ladder. You can’t go any higher than 1st place! For those of you who would like to view the AFL ladder, click the following link: http://www.afl.com.au/ladder/tabid/74/default.aspx

Last Monday, the staff attended a retreat professional development day at the Mercy Heritage Centre on the Mercedes Campus. It was an enlightening experience for those who were present, learning about the history behind the Mercy Order, the sisters who established St Columba’s School Bayswater, and a number of other schools in Western Australia, and around Australia. We were informed of the difficult environments the sisters had to encounter to establish so many wonderful Mercy schools.

The Mercy Sisters were all forward thinking women, especially Ursula Frayne and Catherine McAuley, who worked extremely hard to provide a Catholic education for the poor and deprived. Not only did they battle the harsh Australian environments, especially in the Kalgoorlie, Norseman and the goldfields, they also had to deal with the local authorities who were not very supportive of their vision. Community members are invited to visit the Mercy Heritage Centre, tour the convent and learn more about the Mercy Order and their history. Attached to this newsletter, and saved in the ‘History’ section of the school’s website (http://web.stcolsbays.wa.edu.au/files/The%20Pioneer%20Women%20Final.pdf), is a document on the history of the sisters who established the Mercy Order in Western Australia. You can also contact Sr Joan on 0401 786 100 or email joanis@ozemail.com.au

From the Principal’s Desk

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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.
This term includes such memorable events as the sacraments of Confirmation and Reconciliation, Performing Arts experiences, Book Week fun, the Athletics Carnival and the opening of our new school buildings.

Best wishes to our Years 3 & 6 students and their families who will be attending the Confirmation and Reconciliation commitment mass this Saturday night, commencing at 6:00pm. This mass is also the school’s family mass and all families are requested to attend the celebration to support those who will be making the commitment.

Attached to this newsletter is a flyer advertising the RCIA (Rite of Christian Initiation for Adults) program in the parish. For those of you who are interested in becoming a Catholic, or would like more information about the program, please contact Sally-Anne Cook on 9272 7214 or Fr Minh-Thuy on 9271 1414. The flyer has also been uploaded on to the school’s website in the Parish section, at the following address: http://web.stcolesbays.wa.edu.au/files/RCIA%20Flyer.jpg

Thank you to Leesa and Steve Vinciullo who have worked tirelessly over the break to coordinate the installation of the new Junior Primary playground equipment adjacent to the senior playground equipment. Thanks, once again, to the P&F for kindly donating the funds to purchase and install the new playground equipment, which will be installed on Monday 8th August.

Congratulations to all our Interschool Cross Country runners who put their heart and soul into representing their school during the interschool cross country last term. The after school running program in place at the school has really increased the students’ fitness levels and speed. Thank you to all the wonderful parents who have been involved in the program.

It has been brought to my attention that a number of parents still believe that it’s okay to bring banned food to school. I reiterate what I have stated in so many previous newsletters and parent information sessions, that we are an ‘Allergy Friendly School’ and under no circumstances are we to bring any banned foods into the school. We have a number of students who have life threatening allergies and will require an anaphylactic epipen injection if they come in contact with the banned foods. I’m not sure how else to state and emphasis that all the substances listed in the ‘Anaphylaxis’ and ‘Allergy Free Friendly School’ Policies, issued to all parents on many occasions, are not permitted in the school. I strongly request that you all make the effort not to bring these banned foods into the school environment!

School related tax rebates are now being offered to families. You may wish to view the following web address to find out more: http://www.ato.gov.au/individuals/content.aspx?menuid=0&doc=/content/00174278.htm&page=1&H1

Take care and God Bless,
GREG MARTIN

GREG MARTIN (Principal)

REFLECTION
May the Spirit guide us in our search for good,
May our gifts and insights be directed to the truth,
May our vision be clear and filled with hope
May we seek to serve, proclaim and bring peace.
Amen

IMPORTANT NOTICE

The Community Mass for Term 3 will be held this Saturday, 30th July at 6.00 p.m. This will be the enrolment Mass for the Sacraments of Confirmation and Penance this term and we look forward to seeing everyone there.
Uniform Shop News

The Uniform Shop will be open every Tuesday between 8.15 – 8.45 a.m.

As always should you have any questions please contact Uniform Shop Coordinator, Pauline Moran (year 3 & Pre-Primary) on 0412 712 128, or alternatively Simone Dearle (year 5 & 3) on 0409 507 994. Thank you.

P&F Report

The Positive Parenting Night will be held on Wednesday, 10th August at 7.30 pm.

Come along to learn:

• Why social and emotional skills lead to greater happiness
• The 13 essential social and emotional skills that every child can learn
• Practical and fun ways for parents to teach them
• How to bully and tease-proof your child
• How to help your child to cope with everyday difficult playground scenarios
• How to build confidence and resilience step by step at home
• Playground survival skills every child should know

And More!

Venue: TBA

Penny Pettit—Secretary, P&F
Parish Cleaning Roster

**THANK YOU!**

Thank you so much to everyone who has volunteered their time. To those of you who are continuing on the roster this term, thank you for your on-going support. To the new volunteers, thank you for your very welcome help.

The parish hall cleaning takes about 1.5 hours or less if you have 2 people working together. The hall can be cleaned after school on Friday or on Saturday before 4pm. Please contact Jill Brazil on 0411 592 234 or jbrazil@iinet.net.au for further information.

The key to clean the parish hall is located at the school office and can be picked up on Friday afternoon. Once you have finished cleaning, please remember to lock the hall and return the key to the office on Monday morning.

If the date allocated does not suit, please call another team to arrange a date swap.

JILL BRAZIL

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Canteen News

Welcome back for Term 3. The Canteen will operate as normal, on Mondays, Wednesdays and Friday.

Please keep your account in credit.

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Pastoral Care

The Term 3 Roster is up on the classroom door for you to check when your child/children are due to donate the prize for their class. Kindy to year 4 provide a small gift (e.g. book, puzzle, textas etc.) to the value of $5. Year 5 and Year 6 provide a cake. Please remember the nut-free policy when sending in baked goods. Tickets are 20c each, with a maximum of 3 tickets. Thankyou!

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Happy Birthday!

Wishing a very happy birthday this week to:

- Amy Ehrhardt (Pre-Kindy)
- Jayde Carmichael (Kindy White)
- Emilee Maiden (Pre-Primary)
- Olivia Marrapodi (Yr 1)
- Hana Vermeer (Yr 2)
- Bella Ulrich (Yr 3)
- Lucy Baker (Yr 4)
- Natasha Siroen (Yr 5)
- Tristan Quintal (Yr 6)

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Cleaning Roster

<table>
<thead>
<tr>
<th>Date</th>
<th>Team</th>
<th>Contact Details</th>
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<tbody>
<tr>
<td><strong>Friday, 29 July</strong></td>
<td>Janine Vermeer</td>
<td>9272 7018</td>
</tr>
<tr>
<td></td>
<td>Natalie Moore</td>
<td>9271 8754</td>
</tr>
<tr>
<td><strong>Friday, 5 August</strong></td>
<td>Pauline Havercroft</td>
<td>9271 2128</td>
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<tr>
<td></td>
<td>Sarah Klass</td>
<td>9371 6002</td>
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<tr>
<td><strong>Friday, 12 August</strong></td>
<td>Sharon Thompson</td>
<td>9471 8193</td>
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<tr>
<td></td>
<td>Tammi Doyle</td>
<td>9471 7397</td>
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</tbody>
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Week 1-2 Roster

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<thead>
<tr>
<th>Week 2</th>
<th>Kindy White</th>
<th>Maximiliano Fernandez</th>
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<tbody>
<tr>
<td>Friday, 5 August</td>
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<table>
<thead>
<tr>
<th>Week 2</th>
<th>Kindy Green</th>
<th>Nelson Brown</th>
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<tbody>
<tr>
<td></td>
<td>Pre-Primary</td>
<td>Sebastian Car</td>
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<tr>
<td>Year 1</td>
<td>Daniel Bujok</td>
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<tr>
<td>Year 2</td>
<td>Zachary Dancewicz</td>
<td></td>
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<tr>
<td>Year 3</td>
<td>Cody Revell</td>
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<tr>
<td>Year 4</td>
<td>Ethan Marrapodi</td>
<td></td>
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<tr>
<td>Year 5</td>
<td>Joshua Agnew</td>
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<tr>
<td>Year 6</td>
<td>Jordan Abel</td>
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Columba Runners News

Reminder

The City to Surf is only five weeks away!

Now is the time when we need to get registered, uniformed and on our way to the City to Surf. It is something we have been training for together and we hope you will join us.

Don’t forget to register online or by post. You don’t have to be a Columba Runner to enter under our school team, so tell your friends and family that they are welcome to register as well.

Register by this Sunday to receive 15% discount on entry fee.

The Team is called “Columba Runners” (promo code SCH001).

Participants who are sending their entry form by post or who wish to have their race packs posted to them MUST PAY FOR THEIR ENTRY BY THIS SUNDAY, 31ST JULY.

If posted race packs are not paid for by this date, participants must collect them from the Event Expo.

Bus transport to the event is being organised ... more details soon.

Leah Marapodi
Coordinator
Building up Frequent Father Points

A good friend enthusiastically told me how he’d just spent a few days away on his own with his two kids, aged 10 and 13. He was feeling quite chuffed!

He’d had some ‘dad time’ with his kids. That is, he’d been having fun, creating memories and building relationships.

He told me that he was aware that his kids were getting older and that such opportunities were diminishing.

I’ve been hearing this type of story a lot lately.

Gone are the days when the only relationship many men had with their kids was through their wife. ‘Your dad’s very busy but he would love to see you play sport but he can’t make it.’

Blokes, it seems, are valuing the time they spend with their kids on their own. Or at least the dads I mix with are.

Spending time alone with kids is a great way for dads to build their parenting confidence.

And the kids usually just love spending time with DAD!

Mothers can play a role here by not getting in the way if their husband or partner wants a little time alone with kids. (Most mums I meet welcome this!)

Children usually associate their fathers with activity. When I ask children to tell me about their dads they usually talk about the things that they like to do together with their dads. Playing, walking, fishing, wrestling....the list goes on.

It’s through shared activity and involvement in kids’ lives that dads build up frequent father points. It’s hard to build good connection with kids when you are not there!

Don’t wait until adolescence

These relationships are best built in childhood, when kids just love their dads to bits and want to be around them. It gets trickier in adolescence, but having shared interests developed in childhood gives you a connection point during these sometimes turbulent times.

Dads also benefit from spending time with their kids. Most health scales state a healthy relationship with their children is a predictor of good health and longevity for men. I’m not sure where the health benefits come from, but I suspect there is something relaxing and de-stressing about getting into a child’s space. There is a big kid inside most men just busting to get out.

These days we take parenting pretty seriously and it’s easy to forget that one of the fundamentals of raising kids well is to spend some time in your child’s space, doing stuff, or not doing stuff, whatever the case maybe.

So how are your (or your partner’s) Frequent Father Points going? If they need some topping up then you can start by doing something together with your kids that they enjoy.

Having a bit of fun together is the best place to start, but it’s largely about spending time together with your kids.

Resources for dads

1. Ninja Dad! Speaking buddy, dad of four and all-round good bloke Malcolm Dix from Western Australia has just put out a great (funny too) little guide on survival tactics for dads. As the blurb on the back says... “It’s to the point and full of practical information and arse-saving tips that all dads-to-be should know.” If you know a bloke who is about to become a dad you just have to get him a copy at http://www.malcolmdix.com/.

2. A Man’s Guide to Raising Kids. This is my own book about fathering for boys and girls through all the stages of development.

Extract from Happy Kids newsletter by Michael Grose

www.parentingideas.com.au

Jennifer Maughan
School Social Worker
St Columba’s Bayswater Wednesdays and alternate Thursdays
**Community News**

**Junior cricket registration.**

Bedford Junior Cricket Club is having registration days for junior cricket this season on Saturday August 13th and Sunday 14th from 9am to 1pm at the Bayswater-Morley cricket clubrooms, Hillcrest Oval, Coode Street, Bayswater. All age groups welcome from 5 years to under 17.

Fees are very reasonable. 10% discount for families with more than one player.

Further enquires: Contact club president Rob Mitchell on 0417912384 or email bedfordjcc@gmail.com

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**8 WEEK SHORT TERM HOSTING EXPERIENCE - VOLUNTEER FAMILIES REQUIRED**

AFS Intercultural Programs have 15 students arriving from Germany on the 24th September for 8 weeks, where they will live with an Australian family and attend school.

Have the world come to your home for a short while, but gain friendships that can last a lifetime. So - whether you have cattle or a poodle, six children or none, you have the perfect family.

If you are able to host a student or know of anyone that would like to host please contact your local volunteer Joyce on 95345823 or go to www.afs.org.au for more information.

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Iona Presentation College will hold an Open Morning on Tuesday 6 September 2011. The Open Morning will commence at 9.30 am at the College Sports Centre.

We warmly welcome prospective families, current parents and past pupils to learn more about life at Iona. There will be a presentation by the College Leadership Team, followed by a guided tour and morning tea. You will also have the opportunity to speak to staff members, current students and current parents.

Please RSVP to Ms Deborah Peacock, College Registrar, on (08) 9285 5298 or to dpeacock@iona.wa.edu.au by.
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.