Dear Parents/Caregivers:

Community Mass:

Thank you to all the families who attended the community mass last weekend. It was wonderful to see so many families present and celebrating the Eucharist as one.

Ngalangangpum School Warmun (near Turkey Creek):

I have been appointed relieving Principal, at Warmun, near Turkey Creek, to replace a Principal taking personal leave. Megan Dwyer has been appointed Principal at St Columba’s School during my absence. I will be flying out early next week and will be relieving at Ngalangangpum School for the next 3 weeks. I am looking forward to the experience of working in a remote Catholic school and knowing that St Columba’s is in good hands under Megan’s leadership.

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@stcolsbays.wa.edu.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.
Medical Plans:
For those students with medical plans, please ensure we have an up to date plan. Please also ensure that all medication is current.

Parking on Verges/Laneways:
A friendly parking reminder. We request for all parents not to illegally park their vehicles so as to block driveways and footpaths. In the past Rangers have been called and infringement notices have been issued.

See you all in a few weeks.

Greg Martin
Principal
Help-seeking behaviours are healthy

Traditionally, Australians have not been great at asking for help of any kind. Independence and a willingness to battle on against even huge odds on is part of our national psyche. The term ‘battler’ is an endearing term attributed to someone who is doing it tough.

But for every battler who has fought against the odds and succeeded there are at least ten who struggled alone and never really got anywhere. And their families suffered as a result.

Twenty-first century thinking suggests that help-seeking behaviours are smart behaviours. Asking for help; sharing problems; taking advice; seeking out a coach, mentor or friend; building support networks and enlisting (and paying for) professional support when needed are the types of help-seeking behaviours that we need to encourage.

Fear of judgement

Anecdotal evidence suggests that many parents don’t seek help through fear of being judged as poor parents. The further we go up the socio-economic scale the more this is true.

This is sad as so many people are struggling in their parenting role when they needn’t be.

Of course, the reality is that ALL parents struggle from time to time coping with their children’s behaviours and attitude, or helping them manage difficult circumstances. We can all use some help from time to time, as it’s easy to get STUCK in your parenting.

Help comes in many forms

It’s essential to build your network of support. Here’s how:

1. Start with family and friends. You need between three and five trusted, non-judgemental people who you can call on for help. Count how many you have right now. If you fall short, look for ways to build your social capital.

2. Add a layer of organizational support such as professionals and organisations that educate, care for and coach/teach your children. Add carers, teachers, coaches and other adults to your list.

3. Find counselling, parent education services and professional assistance services whether paid or free (such as Parentline) that you can go to when you need significant assistance. Foster a relationship with a professional (general practitioner, psychologist, specialist in a child’s disorder, social worker) that you can trust that you can return to over time.
4. Follow a voice you can trust. Part of modern parental stress comes from the plethora of information about raising kids. Answering the basic question “Am I doing a good job?” is now super-confusing. Parenting is now an industry, with many well-intentioned ‘experts’ who don’t always give wise, informed or research-backed advice. As someone who has been helping parents full-time for over twenty years, the paucity of good advice available right now concerns me greatly! Choose expertise wisely.

5. Don’t blaze trails. Many parents think like the Lone Ranger, they are blazing a trail through uncharted territory. Raising twins on your own? You’re not the first. Got a child with ADHD, another with autism and your 15 year old wants to get a tattoo? You’re not the first. Seek out like-minded parents or experienced professionals who have been down these paths, or have helped people navigate similar situations and get their perspectives. Trail-blazers are easily lost.

If you are like the majority of parents who find the job tough from time to time why not start developing some of these help-seeking behaviours.

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

1. 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.

2. Bakers Delight High Wycombe would like to offer our school the opportunity to purchase delicious Hot Cross Buns and contribute to the fundraising efforts for our school. The more buns we purchase the more money we make.

   For every 6 pack of Hot Cross Buns you order, they will give $2 to our school.

   Order forms and details are attached to this newsletter

3. Welcome Morning Tea—Friday 26th February at 9.00am. See flyer attached.

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 orders will need to be picked up from the uniform shop. You will be notified when the order is ready to be picked up.

We are now accepting winter uniform orders.

Out of School Hours Care (OSHC)

For all enquiries and bookings please call Jess on 9208 2723, or email: oshc@stcolsbays.wa.edu.au

School Banking

Please note that for next week only, school banking will be held on Wednesday 24th February instead of Tuesday.
Canteen

Please place all canteen orders online via **www.ouronlinecanteen.com.au**.

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Please update your child’s year/class via the online canteen website to ensure your child gets their lunch order.
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:

Isaac Iaschi
PPW
Stefan Zirojevic
4G
Emily Salt
KW
Anthony Di Angelo
Year 5
Lily Edmondson
PPW
Sacha Raschella
Year 5
Olivia Janney
PPW

Kindy Green
Week 3 Xavier Miller
Week 4 Charlotte Armstrong
Kindy White
Week 3 Maggie Alvisse-Coles
Week 4 Harrison Bull
PP Green
Week 3 Alexander Ward
Week 4 Charlotte Smith
PP White
Week 3 Lily Edmondson
Week 4 Zane Lee
Year 1 Green
Week 3 Hanna Kemp
Week 4 Oliver Cornish

Week 3 (19/2/16)
Year 1 White
Week 3 Amethyst Francis
Week 4 William Bradley

And
Year 2 Green
Week 3 Daniel D’Esposito
Week 4 Leila Zdravic

Week 4 (26 2/16)
Year 2 White
Week 3 Malachi Donovan
Week 4 Ella Maio
Year 3 Green
Week 3 Ella Teggerth
Week 4 Brianna Kealley
Year 3 White
Week 3 Lucas Bonnett
Week 4 Brooke Marshall
Year 4 Green
Week 3 Anthony Wells
Week 4 Ruby Shanahan
Year 4 White
Week 3 Blanca De Mello
Week 4 Miller Dudley
Year 5
Week 3 Porscha B-Cliffe
Week 4 Aidan Campbell
Year 6
Week 3 Joshua Strohmeier
Week 4 Sienna De Luca
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!
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

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info@cobramartialartsmorley.com.au
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MON-FRI .................. 2pm-10pm
SAT ......................... 2pm-10pm
SUN & P. HOL ............ 10am-10pm

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(cnr Third Avenue)
MOUNT LAWLEY WA 6050

Lisa Baker MLA
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(fax) 9272 4291