Lord God,
At the beginning of this new term teach us to be your hands and feet where we are. At the beginning of this new term teach us to love as you love us.
At the beginning of this new term teach us to pray for those in need, so that You are honoured and glorified. Amen.

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

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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 2015 IS JUSTICE

At St. Columba’s Primary we believe that Justice is a core value that encourages children to think beyond themselves and look towards others.

MERCY — MERCY
JUSTICE — JUSTICE
SERVICE — SERVICE
COMPASSION — COMPASSION
EXCELLENCE — EXCELLENCE

From the Principal’s Desk

Lord God,
At the beginning of this new term teach us to be your hands and feet where we are. At the beginning of this new term teach us to love as you love us.
At the beginning of this new term teach us to pray for those in need, so that You are honoured and glorified. Amen.

IMPORTANT DATES

FRIDAY 16th OCTOBER
Parish Mass
Years 6, 2G, 2W, PPW & PPG

THURSDAY 22nd OCTOBER
General Assembly
2.20pm

FRIDAY 23rd OCTOBER
Parish Mass
Year 5, 3G & 3W
Year 2 Excursion
AQWA
Interschool Team Games
Years 3—6

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 3 Dates: Mon 20 July—Thurs 24 Sept
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.

*PLEASE CHECK THE WEBSITE PLANNER FOR REGULAR UPDATES TO THE CALENDAR
Dear Parents, Caregivers and Students

Judging by the students’ faces on the first morning back at school, all the students were super keen to be back to see their friends and hopefully be involved in lots of fun and learning. The weather is now starting to warm up and all students are required to be in their summer uniform. Please check the school’s website to view the school’s uniform policy.

I would like to take this opportunity to welcome back Ali Martin from her long service leave and thank Lisa Wild for doing a magnificent job in Year 2 during her absence. I also welcome Jess Scott as our new OSHC Nominated Supervisor and our new student to the school, Ethan Elliot.

I hope all you Eagles supporters have recovered from the massive loss against Hawthorn on Grand Final day. It was a sad day!!! Enjoy the rest of your week.

“The Way Forward” – A Plan for the Archdiocese:

All schools have been asked to participate in the consultation phase of “The Way Forward”, a plan for the Archdiocese. Please take the time to view Archbishop’s Costelloe’s presentation and complete the online survey which can be found at the following address: http://www.perthcatholic.org.au/Home.htm

No Standing/Parking U-Turns:

In the best interest of all students and families at our school, and in case an emergency vehicle needs access, I request parents do not park or stand in front of the double gates or do ‘U-Turns’ at the kiss and drive. We had a near miss this morning with a person backing out of the area in front of the gates.

Greg Martin

GREG MARTIN

Principal
THREE WAYS TO TEACH OUR CHILDREN EMPATHY

Guest Writer: Dr Justin Coulson PhD from www.happyfamilies.com.au

In recent weeks domestic violence has been placed firmly on the national agenda, with our Prime Minister joining prominent voices like Rosie Batty to demand a change in the way we treat others. At the heart of the matter is the word ‘respect’. According to the Prime Minister, if men would respect women (and I would add, if parents would respect children), we would see fewer incidences of violence in relationships.

Empathy is the foundation of respect

But what underlies respect? How do we teach it to our children?

I believe that in order to respect another person, whether they are our spouse/partner, child, or a neighbour, we need another critical skill to serve as our foundation – the ability to see things from another’s perspective. We often call this skill empathy.

What can we do to promote greater empathy in our children?

Ways to develop empathy – in us and our children

First, we can model it ourselves.

Unfortunately, because we see ourselves as the centre of the universe much of the time, we do not typically model empathy particularly well. Consider this: what do our children see in our behaviour when we are inconvenienced? When we are cut off by an impatient driver on the road, given poor quality service in a store, or when our children fail to follow instructions, how do we respond?

In these instances we often respond with anger, annoyance, and judgement. We make ourselves the centre of the universe. Our response is one of frustration at being put out, ignored or undermined. We lack empathy for the other person.

We can respond differently, and model empathy to our children. In the case of a speeding, inconsiderate driver we might pause and comment “Wow, that driver seems to be in a hurry. I hope they’re ok and not late for a plane or a train… or maybe they’re rushing to the hospital.” While these scenarios are unlikely, they show a willingness to consider the potential reality of the other person, and a capacity to control our responses. This is an important lesson for our children.

When the store assistant gives us poor service and a sour face, we might comment to our child, “Gee, I wonder what has happened to him today to make him so grumpy? Perhaps the boss got mad at him, or a customer was rude and made him feel bad?”
When a child fails to follow instructions, we can consider, “Is my child hungry, angry, lonely, tired, stressed, or sick?”

A willingness to consider alternative views of others’ circumstances changes our responses towards them. We become more compassionate, kind, and understanding. We become more balanced, considered, and mindful. We become happier. Our relationships improve. These responses teach our children that we can enter the world of another person and see how life may be for them. We can teach that humility and humanity, rather than anger, is the best way to respond to challenging interpersonal situations.

Second, we can encourage perspective taking by asking them what they perceive in others.

With young children, we might read a book and pause, asking how each character is feeling in a particular scenario. “We know that the girl is excited. But how about her brother? How does this make him feel?” During a conflict between my two eldest children, my eldest daughter was blamed for hitting her little sister. Denials followed until I asked this question. “Chanel, you keep telling me you didn’t hit Abbie, but imagine you were her. If I asked you what your big sister did, and how you were feeling – and you were her – what would you say?” My little girl was silent. Then, sheepishly, she stated, “That Chanel hit me and I feel upset.” Perspective taking – empathy – helped her to realise what it was like to be in her sister’s shoes, and to see the world through her eyes.

Third, we can help them to be sensitive to the cues others send.

We can do this by helping them identify body language, tone of voice, or facial expressions of others. “I know you’re excited about playing that game with your friend, but what did you notice about his face when you suggested it?” “We know that restaurant x is your favourite, and it is your birthday, but do you recall how your grandparents felt last time we went there? What might visiting there again with them lead to?”

It is harder to be violent and disrespectful when you have empathy.

One of the many factors that contributes to domestic violence is that offenders are unwilling to see the world through their partner’s or children’s eyes. They must have things their way. They want to be in control. The perspectives, feelings, and preferences of others are ignored and unimportant. Perhaps many of these offenders never had their perspective considered, or perhaps they were never taught to consider and be respectful and responsive to the perspectives of others.

When we teach our children (by example and precept) to see others as real people, with real feelings, hopes, dreams, and desires, and with the same human frailties we all possess, we teach them to see others as humans whose lives are every bit as precious as their own. We teach them to value and respect others. We teach them to treat others the way others would like to be treated.
While not a silver bullet, our ability to be empathic towards our children, and to teach them to be empathic towards others, is a critical life skill that builds emotional intelligence, strengthens positive relationships, and creates within them a desire to help rather than hurt.

Jennifer Maughan
Social Worker
St Columba’s School Bayswater
Tues, Wed & Thursdays
P: 9208 2704
E: maughan.jennifer@cathednet.wa.edu.au
Out of School Hours Care (OSHC)

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

Instrumental Music Enrolments 2016

Due to an increasing wait list for instrumental lessons, I will be offering shared lessons (for beginners only) starting in 2016. To register your interest, please email me: musiclegance@gmail.com, or call me directly on 0412 362713. Please note that if you are already on the wait list, your child will take priority.

Regards

Louise Tayler-Lloyd
Ph: 0412 362713
Next P&F Meeting is Tuesday 27th October at 7.30pm in the library

Funky Friday Disco
23rd October
Details attached to this newsletter!

Coming next Friday
Permission slips being sent home today or tomorrow!!!
Bunning’s Sausage Sizzle

Hi guys, it’s that time again and we’re holding another sausage sizzle at Bunnings Morley next Sunday 18th October.

We need volunteers to help out for a couple of hours so if you’re free between 8am-4.30pm we’d really appreciate the support. It’s a lot of fun and a great way to meet other parents!

There’s a roster on the window outside Greg’s office.

Please, please, please put your name down if you can help! We can’t do it without volunteers!

Email me abbie@cathode.com.au or the P & F fundraising rep Steven Vincuillo- slvin@iinet.net.au for more info.

Thanks for your support!
Abbie Ehrhardt
Canteen News

Sushi will be available on Friday’s from the Canteen in Term 4. Sushi can be pre-ordered on Monday’s only as it is made fresh and delivered on Friday mornings. No late orders can be accepted.

Term 4 Roster

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There are lots of days that require parent help in term 4. Parents can add their name to the roster via the above website. Any queries please contact Sheryl Milonas in the Canteen.
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.

Kindy Green
Week 1 No Raffle
Week 2 Alexander Ward

Kindy White
Week 1 No Raffle
Week 2 Joshua Murnane

PP Green
Week 1 No Raffle
Week 2 Zoe Ierace

PP White
Week 1 No Raffle
Week 2 Amelia Brajevic

Year 1 Green
Week 1 No Raffle
Week 2 Reilly Dudley

Week 1—16/10/15
No Raffle

Year 1 White
Week 1 No Raffle
Week 2 Ruby Dodd

And

Year 2 Green
Week 1 No Raffle
Week 2 Ella Teggerth

Week 2—23/10/15

Year 2 White
Week 1 No Raffle
Week 2 Holly Taylor

Year 3 Green
Week 1 No Raffle
Week 2 Oliver Coates

Year 3 White
Week 1 No Raffle
Week 2 Jarrod Clark

Year 4
Week 1 No Raffle
Week 2 Aidan Campbell

Year 5
Week 1 No Raffle
Week 2 Emily Wright

Year 6
Week 1 No Raffle
Week 2 Zoe Watson

Happy Birthday!

Sophie Ehrhardt
1G
Emily Quinton
PK Green
Stella Ashley
Year 5
Robert Wilk
PK Green
Leo Pileggi
PK Green
Community News

MISSION CONCERT – THE WALKER TRIO
INFANT JESUS CATHOLIC CHurch, MORLEY - SUNDAY 18 OCTOBER, 3pm
Catholic Mission presents an afternoon of beautiful music.
Jessica Gethin (violin), Sophie Curtis (cello) and Ray Walker (jazz guitar) will
perform an original and exciting fusion of classical / jazz / popular chamber
music in aid of Catholic Mission. Monies raised will support a girl child education project in
Bangalore, India. Complementary afternoon tea.
Adults: $25, Concessions: $15. Children are free if accompanied by an adult.
Tickets from www.trybooking.com/JAHF, from CatholicMission - 9422 7933, or on the door.

Australian Girls Choir Open Day
All school-aged girls are invited to come along to the AGC Open Day to find out more. The Open Day will
be held on Sunday October 25 and gives girls the opportunity to join in a free class and attend an inform-
ation session. Ph 6365 2100 for more information or visit www.ausgirlschoir.com.au

VacSwim holiday swimming programs
Enrolments for December/January programs are now open. It is important for every
child to learn to swim and develop essential water safety skills. VacSwim’s school
holiday swimming programs are conducted by qualified instructors who teach children
the skills to be confident swimmers and safe in the water. This year there has been a
small price increase from $10.00 per enrolment to $12.50 per enrolment (family
enrolment for three or more children living at the same address is now $34.50). For
further information and online enrolment visit education.wa.edu.au/swimming.
Classifieds

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 Sobekko

FRANK MELECA

PROPRIETOR

FGM TEST & TAG

SERVICES:
• Electrical Testing & Tagging
• Fire Protection Inspection & Testing
• Microwave Oven Safety Inspection
• OHS Risk Management

Mi: 0455 922 472
W: www.fgmtestandtag.com.au
E: fgmtestandtag@bigpond.com

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

suite 3 89 old perth road,
bassendean wa 6054
po box 159 bassendean wa 6934
www.professionalswellsteadteam.com.au

CITY OF BAYSWATER

The Garden City – Quality Lifestyle

Cr Stephanie Coates
West Ward

Mob: 0412 252 221
Email: stephanie.coates@bayswater.wa.gov.au
www.facebook.com/crstephaniecoates
www.stephcoates.com.au

Civic Centre
61 Broun Avenue, Morley Western Australia 6062
Telephone: (08) 9272 0622 Facsimile: (08) 9272 0665
Postal Address: PO Box 467 Morley WA 6943

TRUCK WON’T START?
Call Autospark!

www.autospark.com.au

Bassendean’s Latest Buy.com.au

Grab a bargain at our pre-Xmas Garage Sale!
Saturday, Nov 28 - 9am to 1pm
1/113 Broadway, Bassendean 6054
100s of items as low as $1
• Kitchenware • Toys • Gadgets & more!
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

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An outstanding Catholic co-educational College catering for the educational, pastoral and spiritual needs of students in Years 7 - 12. For a prospectus or tour of the College please call 9274 6266.

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**Tanya & Greg Armstrong**

**Greg:** 0466 50 20 20

**Tanya:** 0416 02 26 36

admin@tagbookkeeping.com.au

www.tagbookkeeping.com.au

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1000’s of Gifts for Everyone

FREE Keychain Torch with any order!

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Unit 1, 113 Broadway

BASSENGEAN

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**Cobra Martial Arts Morley**

Adult and junior classes on now.

Learn self-defence, get fit and have fun whilst learning martial arts!

- **Unit 11, 515 Walter Road East, Morley**
- **(08) 6262 3923**
- **0431 899 192**
- **info@cobramartialartsmorley.com.au**
- **cobramartialartsmorley.com.au**

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Lisa Baker MLA

**MEMBER FOR MAYLANDS**

(08) 9370 3550

(fax) 9272 4291