St Joseph’s School Wyndham Visiting:

The St Joseph’s School Wyndham students will be visiting the school and calling St Columba’s home from Sunday 1 November until Friday 6 November.

On Tuesday the 3 November, both schools will be participating in the Aboriginal Flag Raising ceremony, which will be held in front of the flagpoles, commencing at 9.00am. Josie Boyle and Tamisha King, Aboriginal guest speakers, have been invited to attend the ceremony and will be speaking to the students. The raising of the Aboriginal Flag Ceremony has been coordinated so we can acknowledge the traditional custodians of the land and show respect for Aboriginal people as Australia’s first peoples. Students will then be participating in activities, such as the Amazing Race, as well as other activities in the ECE area. The ceremony has also been organised for the students, to celebrate NAIDOC week.

A huge thank you to Ms Caroline Brewer, for coordinating the flag raising ceremony, as well as all the other staff who have assisted and supported her and me in coordinating the school visit and ceremony. All parents are welcome to attend the flag raising ceremony.

IMPORTANT DATES*

**THURSDAY 29th OCTOBER**
Science Talent Search

**PP Excursion**
Caversham Wildlife Park

**FRIDAY 30th OCTOBER**
All Saints Day
Whole School Mass

**THURSDAY 5th NOVEMBER**
Assembly—Year 3 Green
2.20pm

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 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
From the Principal’s Desk (Cont’d)

End of Year Concert:

Due to the limited space on the basketball courts, and the huge costs of setting up lighting, sound and a stage on the oval, we have decided to have our end of year of concert at Mercy College, Koondoola, in their gymnasium (Cnr Beach Rd & Mirrabooka Ave, Koondoola). The gymnasium has a stage so that all parents will be able to experience the concert in comfort with no obstacles in their way. The principal at Mercy College, Ms Julie Hornby, has kindly allowed us to use the facilities (lots of parking spaces), as well as provide the staff to do the sound, lighting and cleaning up, at no cost to our school. We’re appreciative of her offer of assistance and support.

Unfortunately, due to unforeseen circumstances, we’ve had to change the date from Friday the 20 November to Friday 27 November. I apologise for the inconvenience this may cause to some families but the situation was out of my control. The concert will be commencing at 6.30pm and concluding at approximately 8.00pm. All classroom teachers will be sending home details about their children’s item, and what they’re required to wear. Further details of the concert will be communicated to all families as we get closer to the event. If your child will not be attending the concert, please advise the classroom teachers.

I thank you all for the support with the above.

2015 AGM:

A number of parents and staff have advised me that a dance concert is also scheduled on the same night as the AGM (Wednesday 18 November) hence we have decided to reschedule the AGM date from the Wednesday 18 November to Tuesday 17 November (see flyer attached to this newsletter).

The AGM is an information session and not an open forum.

There will be no Board elections, at this year’s AGM, because all current members are midway through their terms. Nominations will be called from members for the P&F committee (see flyer attached to this newsletter) and these will need to be received by the due date.

Looking forward to seeing you all at the AGM and I thank you all, for the support, with the above.

Greg Martin

GREG MARTIN
Principal
Annual General Meeting
Tuesday 17 November, 2015
@ 6.30 pm (New Undercroft Area)

AGENDA

1. Welcome: Mr Mar Hube
2. Prayer: Fr Minh-Thuy
3. Apologies: Mr Mar Hube
4. School Board
   - Treasurer’s Report Mr Mar Hube
   - Chairperson’s Report Mr Mar Hube
   - Principal’s Report Mr Greg Martin
5. Board Election:
   - No Election
6. P&F
   - Treasurer’s Report Mrs Abbie Ehrhardt
   - Chairperson’s Report Mrs Jennifer Debono
7. Conclusion: Mr Mar Hube
8. Election of Office Bearers:
   - Board & P&F Meetings
     (Board Meeting – Conference Room and P&F Meeting – Library)
School Photos

Following the recent school photography by Kapture, you can now view and order any special photos taken on the day.

When visiting www.kapture.com.au you will need to enter our school code to access the gallery – Code: N5HKQT

St Vincent de Paul Christmas Hampers

Term 4 is already upon us and Christmas is fast approaching. The Christmas season is a time of joy when families come together to celebrate and to share. It is also a time of giving.

At this time of joy and celebration for most, far too many Australians face a bleak Christmas as they struggle to pay bills and provide the basics for their family, let alone cope with the extra costs associated with Christmas.

This year, we are once again participating in the St Vincent de Paul Society’s Christmas Appeal in the hope of providing some happiness and enjoyment at Christmas. Each class will be collecting donations of non-perishable food for the St Vincent de Paul Christmas Hamper Appeal. Items may be placed in the boxes in each classroom. These food items will be made into hampers, which will be given to local families who are in need of food and support during the Christmas period. We know you will once again support this appeal, which concludes on Monday 16th November, with your usual spirit of generosity and compassion.

Some suggested items are:

<table>
<thead>
<tr>
<th>Christmas pudding</th>
<th>Fruit mince pies</th>
<th>Extras</th>
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<tbody>
<tr>
<td>Custard</td>
<td>Sweet biscuits</td>
<td>Pancake mix</td>
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<tr>
<td>Tinned fruit</td>
<td>Savoury biscuits</td>
<td>Tinned vegetables</td>
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<tr>
<td>Bon bons</td>
<td>Candy canes</td>
<td>Muesli bars</td>
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<td>Tea</td>
<td>Jelly</td>
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<td>Coffee</td>
<td>Jams</td>
<td>Pasta sauce</td>
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<tr>
<td>Milo</td>
<td>Long life juice</td>
<td>Vegemite</td>
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<tr>
<td>Long life milk</td>
<td>Christmas cake</td>
<td>Soft drink</td>
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<tr>
<td>Dried fruit</td>
<td>Christmas napkins</td>
<td>Cordial</td>
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<tr>
<td>Confectionery</td>
<td>Christmas tablecloth</td>
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It is imperative that all goods are in date and in good condition. Please do not include any chocolate items as the St Vincent de Paul Society does not have refrigeration facilities to store them.
Out of School Hours Care program survey

Dear Parents and St Columba’s community,

Thank you for providing feedback to the Out of School Hours Care (OSHC) survey.

It was pleasing to read that there were a lot of complimentary comments and praise towards the staff and to know that your children are happy at the centre. In particular, it is nice to read that our staff are friendly and approachable.

A few years ago, the School Board deliberated long and hard in whether or not to introduce the Out of School Hours Care program. In reading all the comments, and in hind sight, the correct decision was made. This centre is now an integral part of the St Columba’s Catholic Community. When your children say to you that you have arrived too early for pick up and that they want to stay longer to play, then you know that you have a successful service.

A number of concerns were also raised. These will be addressed, in particular, clearer communication to parents about activities and food, and payment options.

There is room for improvement and fine tuning. A copy of the survey results has been passed to the new Nominated Supervisor, Ms Jess Scott who will be working with the Principal to ensure that our children continue to be cared for in a safe and caring environment.

Finally, it is expected that with the newly completed classrooms, the OSHC will move to the refurbished undercroft area. This is expected to take place at the end of this year.

Mar Hube
Chair
School Board
Here’s more from Michael Grose for families in our community with younger children

www.parentingideas.com

Stay calm when chaos hits

Want an easy way to stay calm when all chaos is breaking loose at home?

Well the solution is literally a breath away.

Yep, pausing to take some deep, nasal breaths is the key to regulating your emotional state when you’re under duress.

You know the situation – your heart is racing; your thoughts are running haywire and your body is as tense as hell.

That’s when you’ve got to breathe.

Breathing affects the heart, the brain and the immune system.

Here’s how breathing calms you (the technical stuff)

It is the only visceral process that overrides conscious thought.

When voluntary, controlled breathing replaces out-of-control metabolic breathing the area in the brain that is in charge shifts to the cortex, which is where self-regulation occurs.

Slow, deep nasal breathing stimulates the parasympathetic nervous system – responsible for calming us down.

There are three basic breathing exercises that I recommend to regulate your emotional state:

1. Belly Breaths: Hold your breath for one, breathe out through your nose for three, hold for one, breathe in through your nose for three, hold for one. Repeat.

2. Breathe into parts of your body: Focus on tense parts of your body such as your shoulders and direct your breathing to these parts.

3. Guided breathing: Use a simple mantra such as “In/out”, “Calm/ease”, “Smile/release” to guide you into a rhythmic breathing pattern.

It helps in really difficult situations to move away from the trigger to give yourself the space and opportunity to breathe.

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
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.

<table>
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<tr>
<th>Term 4 Roster</th>
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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.

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Kindy Green
Week 3 Lily Coffey
Week 4 Brielle Donovan

Kindy White
Week 3 Thea Bradley
Week 4 Olivia Janney

PP Green
Week 3 Evan Juszkiewicz
Week 4 Max Gardiner

PP White
Week 3 Eve Bristow-Baohm
Week 4 Jayden Thistle

Year 1 Green
Week 3 Mia Kowlczyk
Week 4 Chase Longson

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Week 3—30/10/15
Year 1 White
Week 3 Annabelle Buckley
Week 4 Lily Chudzik

And
Year 2 Green
Week 3 Evian Paki
Week 4 Bryce O’Shea

Week 4—6/11/15
Year 2 White
Week 3 Ashleigh Smith
Week 4 Arwen Dias

Year 3 Green
Week 3 Jacob Partington
Week 4 Sophie Klass

Year 3 White
Week 3 Leiha Davis
Week 4 Luke McLaughlin

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Year 4
Week 3 Jack Mann
Week 4 Sophia Giacci

Year 5
Week 3 Charlotte McGee
Week 4 Timira Ratnasekara

Year 6
Week 3 Mia Thomas
Week 4 Chelsea Rochford
St Paul’s Primary School
Family Fun Day!

Bring the family for a great day out!

Sunday 8 November
10.30 to 4.00pm
Learoyd St, Mt Lawley.

Funds raised help to purchase educational equipment for the kids!
Community News

ST MICHAEL’S LADIES NIGHT MARKET

Thursday 19th November 6-9pm

St Michael’s School Hall
(entry off Hamilton street, Bassendean)

$10 entry fee includes one glass of sparkling wine and supper.

A Bar will be open for drinks purchases.

Door prizes and raffle

A selection of quality stalls including clothes, jewellery, art, cards and artisan goods. P&F stall too!

Get your Christmas shopping sorted early! Gold coin donation per item for Christmas gift wrapping. This is a licensed event – all under 18’s must be accompanied by a parent/guardian.
Spiritually Open? Would you describe yourself as spiritually open, but perhaps not the most frequent Mass-attender? You may enjoy the short, live online course called “The Lowdown on the On-High for Parents” being offered by the Centre for Faith Enrichment. Over three sessions, the course will give you the opportunity to discuss topics such as faith, meditation and spirituality – or you can just listen! It’s soul food you can enjoy at home – with a glass of wine! Thursdays 5th-19th November, 8pm-8.30pm. For more information about this and other online courses, visit www.cfe.org.au, or call 9241 5221.

CHISOLM CATHOLIC COLLEGE ENROLMENTS IN YEAR 7, 2018

The parents of Year 4 students are invited to join their sons and daughters for a presentation about Chisholm Catholic College, which includes a screening of a 10 minute DVD about the College.

The presentation will take place at our school on Tuesday 3 November at 11am.

Chisholm Catholic College senior staff and current Year 7 students, who have formerly attended our school, will give the presentation and answer any of your questions.

Applications are now invited from parents of Year 4 children for entry into Chisholm Catholic College.

The first round of applications close on Friday 25 March 2016

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Liaison Officer - Parents & Friends Federation of WA

If you’re passionate about helping parents and parent communities in Catholic schools, and if you would enjoy a varied and challenging role, then this may be the job for you!

The position is for 21 hours per week, during school terms. Applications close on the 17 November 2015. The full advert and job description can be found on our website www.pff.wa.edu.au.

Initial enquiries can be directed to Shelley Hill on 0428 740 743 or email execoff@pff.wa.edu.au.

https://www.facebook.com/pffwa  www.pff.wa.edu.au  9271 5909  103 Wood St, Inglewood, WA 6932
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.
I love my job as a Licensed Real Estate Agent
Kind Regards,
Dianne Sobelko

Frank Meleca
Proprietor

FGM Test & Tag

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

W: www.fgmtestandtag.com.au  E: fgmtestandtag@bigpond.com

Ben Silverman  Property Consultant
m: 0487 727 054
p: 08 9378 3311
f: 08 9279 9398
e: ben@wellsteadteam.com.au

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

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Cr Stephanie Coates
West Ward

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Email: stephanie.coates@bayswater.wa.gov.au
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www.stephcoates.com.au

Civic Centre
61 Broom 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

Do you have a Will?

Preparation of your Last Will and Testament:
Contact Dan Bull

Dan Bull
Lawyer
0423 692 827
dan@danbulllegal.com.au
**Classifieds**

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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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**Tanya & Greg Armstrong**
**TAG Bookkeeping & Accounting**
Greg: 0466 50 20 20
Tanya: 0416 02 26 36
admin@tagbookkeeping.com.au
www.tagbookkeeping.com.au

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**Bassendean’s Latest Buy.com.au**
**...get it first!**

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!

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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
cobrahimartalsmorley.com.au

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**La Salle College**
**Touching Hearts, Teaching Minds, Transforming Lives**

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**Lisa Baker MLA**
**MEMBER FOR MAYLANDS**
(08) 9370 3550
(fax) 9272 4291