Jubilee Year of Mercy Reflection

*Spiritual Works of Mercy: Bearing wrongs patiently*

Do not be bitter about wrongs done against you. Place your hope in God so that you can endure the troubles of this world and face them with a compassionate spirit.

- Frustrated with someone? Step away from the situation, take a few deep breaths, pray the Our Father, asking God for patience.

**Term 4 Week 3**

**Jubilee Year of Mercy Reflection**

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17 / OCT / 2016

Blog, Family life

For many of us, fun stopped becoming spontaneous and automatic around the time that we decided we had to be responsible adults. But if we want our families to be happier, we need to find ways to make family life FUN!

Here are 5 ways to help make fun a habit...

**Smile more**

Imagine a child whose every interaction with their parent is met with a look of serious concentration or contemplation – they are not angry or annoyed, simply preoccupied. Now, imagine that when that same child looks at their parent they receive warm smiles and gentle, approving eye contact. Which would have the most positive influence on the child’s wellbeing?

Smiles improve relationships and they seem to make life more fun. Let your face know you feel great. Smile!

**Learn new things together**

Most children are naturally inquisitive and deeply curious. They love to learn new things. Learning is both fun and potentially profound when we do it together. We can have fun helping our children explore a topic they are interested in, we can plant a garden, learn new sports, and do crafts.

Exploration, learning and curiosity are fun and make families happy. It simply requires that we are willing to be creative, explore ideas, and respond to our children’s questions with enthusiasm and interest.
Just add treats

I don’t know of any family activity that can’t be enhanced with treats. If you are having a family meeting or a working-bee in the garden, include popcorn, ice-cream, brownies, or if you don’t do processed sugars, a big bowlful of strawberries of freshly chopped watermelon.

This approach is best used randomly and for fun, rather than as a bribe.

Treats are fun! But they should be offered unconditionally and to everyone, rather than only on conditions being met and only to those who meet the conditions. Otherwise it stops being fun for everyone.

Celebrate – whatever!

Our lives are potentially full of reasons to celebrate. Our children experience some form of success regularly – from winning a swimming race, to putting away their bag without being asked.

Mix it up and celebrate in different ways. It could be a hug, high-five, kiss, bowl of ice-cream, trip to the movies, a special date with mum or dad or a family dinner at a favourite restaurant.

For best results, celebrations should be spontaneous, unexpected and a one-off event. They should not be used as a carrot to bribe a certain behaviour.

We don’t need to make our children’s minor experiences into front-page news, but we can have fun when they do well. Do something more than nod ‘well done’ while chopping carrots for dinner. Pause. Get into the moment. Respond actively and constructively. Celebrate!

5 Minutes of Fun

If you children are demanding your attention, give it to them. We can all afford 5 minutes to become engrossed in some fun with our children. This can be unstructured play like rolling around on the floor or dancing to a favourite tune, or it can be structured play, like a game of UNO or charades.

These micro-moments of positive engagement show that we are involved and available to our children. They teach our children that they are worthy, and they promote a sense of family cohesion and togetherness. They give us moments to be grateful for, to reflect upon and to savour.

So today, find something to smile about. Drop your agenda and have some fun. Find something new to learn about or explore with your children. Cook treats, buy teats or just eat treats. And find something – anything – to celebrate. Then, do it again, maybe a little differently, tomorrow.

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

Term Four 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, or gift vouchers, for the St Vincent de Paul Christmas Hamper Appeal. Items may be placed in the boxes in each classroom. These food items and gift vouchers 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 Friday 25th November, with your usual spirit of generosity and compassion.

Some suggested items are:

- Christmas pudding
- Custard
- Tinned fruit
- Bon bons
- Tea
- Coffee
- Milo
- Long life milk
- Dried fruit
- Confectionery
- Fruit mince pies
- Sweet biscuits
- Savoury biscuits
- Candy canes
- Jelly
- Jams
- Long life juice
- Christmas cake
- Christmas napkins
- Christmas tablecloth
- Extras
- Pancake mix
- Tinned vegetables
- Muesli bars
- Pasta
- Pasta sauce
- Vegemite
- Soft drink
- Cordial
- Cereal

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. Gift cards are also very much appreciated.

The hampers will be collected on Wednesday 30th November. Could you please make sure that all items are at school no later than Friday 25th November.
News from the Library...

‘Class of the Week’
Keep those overdue books coming in everyone. 
This week’s award is a tie between - 
Year 5 
Both classes returned all their library books last week on time. 
Congratulations!

‘Free colouring competition’
Pop into the library at lunch time and colour in your entry. 
While you’re there check out the endangered animals ‘Stamp Collecting Pack’ prize on display.

Imagination are in full bloom at the library...
Spring into a Good Book
School Photos

Confirmation Photos

We have not yet received the Confirmation photos from the photographers and as soon as we do they will be uploaded to the internet for a period of time for you to save copies of any photos that you wish to. There will be no cost to access these photos.

If, however, you would like to purchase the hard copies of the photos from Kapture, you can now view and order any photos taken on the day. When visiting www.kapture.com.au/event.asp you will need to enter our school code under the Sports & Event tab to access the gallery; Code: H5ZKW8

Sport/special Photos

Following our recent school photography by Kapture, you can now view and order any sports and / or special photos taken on the day. When visiting www.kapture.com.au/event.asp you will need to enter our school code under the Sports & Event tab to access the gallery; Code: H5ZKW8

NB: These photos are available to view and purchase for the remainder of this term but will be removed from our website at the end of the term in readiness for next years’ photos.

Scholastic Books

Many families are making excellent use of the Scholastic catalogues to make some easy Christmas purchases! If you would like to collect these from me personally, instead of them being delivered to your children, please send me an email so that I can keep a list of those I can hand out and those that I will keep for parents to collect. As they arrive I will email you to notify you of their arrival.

Many thanks

Mrs Leesa Vinciullo
Year 5 Teacher and Scholastic Co-ordinator
vinciullo.leesa@cathednet.wa.edu.au
Out of School Hours Care (OSHC)

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

Uniform Shop News

Orders for the uniform shop are now only accepted online via www.ouronlinecanteen.com.au. Text messages will be sent when your order is ready for collection. Orders can be picked up from the uniform shop on Wednesday’s 1.00pm to 2.30pm or Friday morning’s between 9.00am and 9.30am. Orders cannot be left at the office for collection.

Any queries please contact Bec Pileggi on 0410 520 715 or bec.pileggi@gmail.com

P&F News

**Cadbury Chocolate Fundraiser**

Chocolate money is now overdue. If you have not already returned your money and/or unsold chocolates please do so as soon as possible.

If any family would like to sell another box please see Lisa Slocum in the school office.

**Next P&F Meeting**

The next P&F Meeting is on Tuesday 1st November at 7.30pm in the library.
Please note that there will be no Eftpos available in the Canteen.

We are in urgent need to helpers for term 4. Please add your name to the roster via [www.ouronlinecanteen.com.au](http://www.ouronlinecanteen.com.au)

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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.

Pastoral Care Raffle

- Kindy Green: Week 4 Dylan Sardelich & Sohil Verma
- Kindy White: Week 4 Lachlan Preedy & Xavier Robinson
- PP Green: Week 4 Matthew Li & Sithma Ratnasekara
- PP White: Week 4 Riley Thomas & Kassandra Flexman
- Year 1 Green: Week 4 Keira Nguyen & Thomas McDougall
- Year 1 White: Week 4 Piper Walsh & Danny Duong
- Year 2 Green: Week 4 Reilly Dudley & Scarlett Fancis
- Year 2 White: Week 4 Charli Cameron & Max Edmondson
- Year 3 Green: Week 4 Brooke Thompson & Lucas Trevenen
- Year 3 White: Week 4 Holly Taylor & Luca Fragomeni
- Year 4 Green: Week 4 Mabel Armstrong & Kan Sweetman
- Year 4 White: Week 4 Leonardo Tomich & Dion Mathew
- Year 5: Week 4 Aimee Bullier & Kaisen Musca
- Year 6: Week 4 Cooper Anderson & Ashleigh Pedretti
St Columba’s Community Carols By Candlelight

We invite you to join the organising committee for this year’s Carols by Candlelight which will be held on Sunday 11th December at 7pm at St Columba’s Church. We also invite any musicians and singers in the parish/school to join the combined choir for the evening.

Kindly send your expressions of interest - for the committee and/or the choir to Angela Gorman who is coordinating the Carols Event this year, no later than Friday 28th October. Her contact details are ange-labendotti@hotmail.com or phone 0407389751. Our first rehearsal will be in week 5 of Term 4 - date to be confirmed.

It promises to be a wonderful evening!
CHISHOLM CATHOLIC COLLEGE ENROLMENTS IN YEAR 7, 2019

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, 1 November at 9.30am.

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, 10 March 2017
**Classifieds**

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- **www.facebook.com/crstephcoates**

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**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 Family, Friends or Family members.

I love my Job as a Licensed Real Estate Agent.

Kind Regards,

Dianne Sobelko
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

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