St. Columba’s School Bayswater

32 Roberts Street, Bayswater  Phone: (08)9208 2700  Fax: (08)9370 3985
PO Box 61, Bayswater WA 6933
Email: admin@stcolsbays.wa.edu.au
Website: www.saintcolumbas.com.au

2 November, 2016
Term 4, Issue 34

Newsletter

Celebrating 80 Years of Catholic Education
in the Mercy Tradition

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

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<th>MERCY</th>
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MERCY VALUE FOR 2016 IS MERCY

At St. Columba’s Primary we believe that mercy is a core value that encourages children to aspire to put themselves in someone else’s shoes and learn to forgive and to be forgiven.

IMPORTANT DATES*

THURSDAY 3rd NOVEMBER
9.30 am Kindy 2017 Orientation
12.00noon Pre-Kindy 2017 Orientation

FRIDAY 4th NOVEMBER
Parish Mass
Year 1 & 4

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 4 Dates: Thurs 13 Oct—Fri 9 Dec
School Times: 8.30 a.m.—3.00 p.m.

*PLEASE CHECK THE WEBSITE PLANNER FOR REGULAR UPDATES TO THE CALENDAR
Social Worker News

Here’s more from Michael Grose for families in our community with younger children

www.parentingideas.com

5 healthy ways to manage anger

Managing anger is the biggest emotional issue that many children face. Boys, in particular, seem so angry at the moment, and I’m not sure why.

Currently, our community is undecided about how to handle anger. In fact, anger is discouraged as we see no place for it in homes, schools or the community. ‘People in a civil society don’t get angry’ seems to be the conventional wisdom, so we bottle it up rather than express it healthily.

The trouble is anger handled in this way simmers away making a person unhappy and depressed or it bursts forth in awful, uncontrolled ways.

Here are five ways to help boys (and girls) manage anger in healthy ways:

1. **Recognise it** The first step is to help kids recognise that they are angry. What are the signs? What are they thinking? We are all different but tension in the shoulders, restricted breathing and clenched teeth are common signs of anger. The Mood Meter offers a visual way for kids to recognise their emotions.

2. **Name it** Developing a vocabulary around anger is important. The more nuanced kids' language is, the better. Annoyed, angry and enraged are very different emotions but are often described as the same.

3. **Choose it** Help children recognise that they have a choice to stay in control or lose control when they get angry.
4. *Say it* Encouraging children to express how they feel is okay as long as no one is hurt. The use of ‘I Statements’ is one way of letting others know how they feel. “I feel really mad when you say nasty things about me...” is one way of being heard.

5. *Shift it* Help children shift their anger to a more pleasant and less energised place. Kids can shift their moods by modifying their thinking or altering their physiology. They may go for a run, play a physical game or pour their anger into a protest letter to let their frustrations out.

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**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.
Year 6 Graduation

**Holy Guacamole!**

*St. Columba’s Primary School Year 6 Class is graduating...*

**And we are looking for any Mexican Fiesta Decorations**

**You might have lying around such as...**

- blow-up cacti or other Mexican inflatables – donkey/chilli/moustache
- Anything to do with black moustaches
- Mexican dress-ups for photos
- Real, small cacti (we can come and dig out of your garden if required)
- Ponchos/Mexican coloured blankets/sombreros for decoration
- Paper lanterns/flowers/flags etc in bright colours – red/blue/yellow/green/purple
- Large sheets of black plastic or material to cover walls

Items can be handed to Jeannie Pincus or dropped in labelled box in school banking area by November 11 at the latest.

Please label any items you wish returned with your name and mobile number.

With thanks, Year 6 Graduation Decorating Committee
News from the Library...

‘Class of the Week’
Keep those overdue books coming in everyone.

‘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.
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 year’s 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.

Congratulations to Pre-primary White for being the first class to sell all of their chocolates.

AGM

The AGM is on Tuesday 15th November at 6.30pm.
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 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.

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 & Diona Mathew
Year 5  Week 4 Aimee Bullier & Kaisen Musca
Year 6  Week 4 Cooper Anderson & Ashleigh Pedretti

Week 4 (4/11/16) Year 2 White  Week 4 Charli Cameron & Max Edmondson
and Year 3 Green  Week 4 Brooke Thompson & Lucas Trevenen
Week 5 (11/11/16) 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 & Diona Mathew
Year 5  Week 4 Aimee Bullier & Kaisen Musca
Year 6  Week 4 Cooper Anderson & Ashleigh Pedretti

Week 5 Felix Francis

Week 5 Robert Wilk
Week 5 Zander Smith
Week 5 Lilly Coffey
Week 5 Hannah Pollitt
Week 5 Matilda Panizza
Week 5 Nadia Raschella
Week 5 Chris Lestino
Week 5 Lily Chudzik
Week 5 Evian Paki
Week 5 Ashleigh Smith
Week 5 Ilyssa Fuentes
Week 5 Tuan Truong
Week 5 Felix Francis
Week 5 Teagan Duffin
Community News

St Columba's Community Carols By Candlelight

We invite you to this year’s Carols by Candlelight which will be held on **Sunday 11th December at 7pm** at St Columba's Church.
We have had a wonderful response to our call for musicians and singers! Our committee is meeting this week and our first rehearsal will be next weekend. Those who responded will be contacted directly.
For any additional information please contact Angela Gorman via email angelabendotti@hotmail.com or phone 0407389751.

It promises to be a wonderful evening!

Mercedes College Alumni

You're invited to celebrate over 170 Years of history, friendship and memories made at Victoria Square for the inaugural

**Mercedes College All Year's Reunion**

Saturday 11 February, 2017
2pm-5pm
Mercedes College Hall
Victoria Square, Perth

RSVP to Joanna Creighton at mca@mercedes.wa.edu.au or 9323 1366
With the end of term fast approaching, I am sure you will wish to thank your child’s teacher for their inspiration and influence of your child, both academic and pastoral, throughout the year. What better way to show your gratitude than to give them a gift that truly changes lives – just like they do.

Catholic Mission offers a selection of life-giving gifts that will truly have a lasting impact for children and communities in desperate need around the world.

Choose from a wide variety of options at different price points that your teacher will love!

- a back-to-school kit for a primary school child ($20)
- a bicycle so a child living in a rural area can travel to school ($53)
- a wheelchair for a child with disabilities ($220)
- catechism classes for children ($60)
- living expenses for a child in an orphanage ($48)

For each gift you order, you will receive a beautifully designed printed card portraying a photo of the gift you have purchased, as well as some information about what your gift represents. You will be able to write your own personal message on the card before passing it to your child’s teacher.

Please allow up to 10 days to receive your printed card. Alternatively, e-cards are available when you order online. These can be sent immediately, or on a designated date.

Email us at relations.cm@perthcatholic.org.au for this unique gift catalogue to be sent out, or you can order easily online at www.catholicmission.org.au/gifts.

Thank you for giving a life-giving gift this Christmas.
Classifieds

CARTER'S Real Estate
Dianne Sobejkos
Licensed Real Estate Agent
Mobile: 0413 915 126
Office Phone: 9272 8411
Email: dianne.sobejkos@realnet.com.au
9272 8411

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 Sobejkos

AusCan Safety
“Working together to enhance safety in your workplace”

- Portable electrical equipment testing and tagging;
- Residual Current Device (RCD) testing and tagging;
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Please contact Frank on 0452 522 472

Ben Silverman  Property Consultant

m: 0487 727 054
p: 08 9378 3311
f: 08 9279 9358
e: ben@wellsteadteam.com.au
suite 3 89 old perth road, bassendean wa 6054
po box 159 bassendean wa 6934
www.professionalswellsteadteam.com.au

 идеал дома

Ryan Smith
Building Consultant
0402 425 672
rsml@idealhomes.com.au
2/15 Motivation Drive
Wangara WA 6065
T08 6260 2011 F08 6260 2033
idealhomes.com.au

City of Bayswater
The Garden City – Quality Lifestyle

Or Stephanie Coates
DEPUTY MAYOR
WEST WARD COUNCILLOR
M: 0412 252 221
stephanie.coates@bayswater.wa.gov.au
www.facebook.com/cstephaniecoates

61 Brown Avenue, Morley WA 6062 PO Box 487, Morley WA 6043
T: (08) 9272 8623 P: (08) 9272 8665
mail@bayswater.wa.gov.au www.bayswater.wa.gov.au

Darryn Webb

0435 776 470
darrynmanpropterty@hotmail.com
www.handymanproperty.com.au

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Owner/Manager

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- Dangerous Goods Operations

- Patios
- Shed/Carports
- Letto/Boxes/Skylights
- Doors
- Bike Racks
- Artificial turf
- Gates
- Signs
Classifieds

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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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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Bassendean's **Latest Buy.com.au**

**ST COLUMBA’S EXCLUSIVE**
10% OFF in-store
Just mention this ad to qualify!

**3000+ Xmas Gifts to excite!**
1/113 Broadway, Bassendean 6054
Offer ends 23/12/16

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**Advertise space available!**

$50.00 per term for a business card-sized ad.

Contact [admin@stcolsbays.wa.edu.au](mailto:admin@stcolsbays.wa.edu.au) with your pdf and to arrange payment to the P&F.

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Michael Crofton is a credit representative (Credit Representative No. 399899) of BLSSA Pty Ltd ABN 69 117 651 (Australian Credit Licence No. 391237).