St. Columba’s School Bayswater

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Email: admin@stcolsbays.wa.edu.au
Website: www.saintcolumbas.com.au

18 November, 2015
Term 4, Issue 35

Newsletter

**Attachments**

Altone Park Leisure Centre

**IMPORTANT DATES**

**MONDAY 23rd NOVEMBER**
Swimming Lessons
Commence for Year 1 & 2

**FRIDAY 27th NOVEMBER**
Parish Mass
Year 4, 1G & 1W

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

<table>
<thead>
<tr>
<th>MERCY</th>
<th>JUSTICE</th>
<th>SERVICE</th>
<th>COMPASSION</th>
<th>EXCELLENCE</th>
</tr>
</thead>
</table>

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.

**School Website:**

When viewing the school website, not all blog/office message information can necessarily be seen on the front page. To view all information click on ‘Title’ or ‘Read more’.

**Lost Property:**

Mrs Pettit has kindly gone through the lost property box that was outside the library. There are a number of drink bottles/lunch boxes and children’s clothing that can be picked up from outside Mrs Pettit’s classroom (Year 2W). There is also a number of smaller items eg. Jewellery, wallet/purses, toys, books, keys which are inside the classroom, please see Mrs Pettit if you think they may belong to you.

Please note that the lost property box is only for school uniform items, drink bottles and lunch boxes. No other items should be placed in the box.

**Parish Mass Times**

<table>
<thead>
<tr>
<th>Weekdays: 9:00 a.m.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Saturday—Vigil Mass 6:00 p.m.</td>
</tr>
<tr>
<td>Sunday—Mass 7:30 a.m. and 9:30 a.m.</td>
</tr>
<tr>
<td>Parish Youth Mass—Last Saturday of each month.</td>
</tr>
</tbody>
</table>

**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.

**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@stcolsbayswaters.org.au

*PLEASE CHECK THE WEBSITE PLANNER FOR REGULAR UPDATES TO THE CALENDAR*
How to cope with traumatic news

The era of 24-hour news brings traumatic events directly into everyone's lives. Here's how that can affect people, especially children, and some strategies for coping.

It's hard not to be upset by rolling media coverage of an unfolding tragedy.

People exposed to more than six hours of daily coverage of a disaster are more likely to feel vulnerable, despairing, alienated and irritable.

They are also more likely to suffer from feelings of a loss of identity or a sense of failure, as well as sleeplessness.

They can also experience intrusive thoughts and images of the event. And small, daily events can have a bigger impact than usual.

Apart from limiting exposure to media, there are things people can do to look after themselves: make sure they get enough sleep; exercise regularly; eat well; avoid using drugs and alcohol to cope; spend time with loved ones; do things they enjoy; get back into their usual routine.

Children are especially sensitive to media coverage of disasters.

They might worry the same sort of thing will happen to them and their family, and fail to understand it's a one-off, discrete event.

Parents shouldn't necessarily try to shield their children. Keeping secrets is not possible in this day and age, and trying to hide events can make things more terrifying.

Instead parents should try to limit the amount of media the child is exposed to, while explaining what has happened and answering their questions.

It is also important to speak to the child about their feelings and do something with them, like playing a game or heading outside. Providing comfort and affection will help the child to feel safe. Parents can also remind their child there are plenty of good things that happen that don't make the news.
Sources and more information

The information was drawn from the following articles, which also contain more details about the research behind the suggestions provided:

ABC Health: Helping children cope with traumatic media coverage
Trauma and Grief Network: Disasters, the media and your child (PDF)
Australian Centre for Posttraumatic Mental Health: Supporting people affected by the Sydney siege
ABC News: Trauma experts urge distressed people to seek help

24-hour telephone counselling

If you or someone you know needs support, call:

Lifeline on 13 11 14
Kids Helpline on 1800 551 800
MensLine Australia on 1300 789 978
Suicide Call Back Service on 1300 659 467

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: musiclegacy@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 ONLY** 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>
<thead>
<tr>
<th>Week</th>
<th>Day</th>
<th>Date</th>
<th>Parent’s Name</th>
</tr>
</thead>
<tbody>
<tr>
<td>6</td>
<td>Wednesday</td>
<td>18/11/15</td>
<td>Sonya Coffey</td>
</tr>
<tr>
<td></td>
<td>Friday</td>
<td>20/11/15</td>
<td></td>
</tr>
<tr>
<td>7</td>
<td>Monday</td>
<td>23/11/15</td>
<td>Tina Van Maanen</td>
</tr>
<tr>
<td></td>
<td>Wednesday</td>
<td>25/11/15</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Friday</td>
<td>27/11/15</td>
<td>Nicole O’Rourke</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Cathy Duffin</td>
</tr>
<tr>
<td>8</td>
<td>Monday</td>
<td>30/11/15</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Wednesday</td>
<td>2/12/15</td>
<td>Joan Lestino</td>
</tr>
<tr>
<td></td>
<td>Friday</td>
<td>4/12/15</td>
<td></td>
</tr>
<tr>
<td>9</td>
<td>Monday</td>
<td>7/12/15</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Wednesday</td>
<td>9/12/15</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Friday</td>
<td>11/12/15</td>
<td></td>
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</tbody>
</table>

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.

*Pastoral Care Raffle*

<table>
<thead>
<tr>
<th>Week 6 (20/11/15)</th>
<th>Kindy Green</th>
<th>Week 6 Lily Edmondson</th>
</tr>
</thead>
<tbody>
<tr>
<td>Week 7</td>
<td>Kindy White</td>
<td>Week 7 Ella Thistle</td>
</tr>
<tr>
<td>Week 7</td>
<td>Year 6 Sergio Fontana</td>
<td>Week 7 Olivia Petrella</td>
</tr>
<tr>
<td>Year 1 Green</td>
<td>PP Green</td>
<td>Week 6 Danny Duong</td>
</tr>
<tr>
<td>Week 7</td>
<td>Year 1 White</td>
<td>Week 7 Taj Debono</td>
</tr>
<tr>
<td>Week 6</td>
<td>PP White</td>
<td>Week 6 Sophia O'Toole</td>
</tr>
<tr>
<td>Week 7</td>
<td>Year 1</td>
<td>Week 7 Piper Walsh</td>
</tr>
<tr>
<td>Year 6</td>
<td>Year 1 Green</td>
<td>Week 6 Maxwell Miller</td>
</tr>
<tr>
<td>Week 7</td>
<td>Year 2 Green</td>
<td>Week 7 Ruby Morris</td>
</tr>
<tr>
<td>Week 6</td>
<td>Week 1 White</td>
<td>Week 6 Lily May</td>
</tr>
<tr>
<td>Week 7</td>
<td>Week 1</td>
<td>Week 7 Amber Nguyen</td>
</tr>
<tr>
<td>And</td>
<td>Year 1</td>
<td>Week 6 Lily Edmondson</td>
</tr>
<tr>
<td>Week 7 (27/11/15)</td>
<td>Year 2 White</td>
<td>Week 7 Lola Carter</td>
</tr>
<tr>
<td>Year 2 Green</td>
<td>Year 3 Green</td>
<td>Week 6 Emily Castellano</td>
</tr>
<tr>
<td>Week 7</td>
<td>Year 3 White</td>
<td>Week 6 Porscha B-Ciffe</td>
</tr>
<tr>
<td>Year 6</td>
<td>Year 3 Green</td>
<td>Week 7 William Bonnett</td>
</tr>
<tr>
<td>Year 5</td>
<td>Year 4</td>
<td>Week 6 Alani Jamieson</td>
</tr>
<tr>
<td>Year 6</td>
<td>Year 5</td>
<td>Week 7 Thomas Wils</td>
</tr>
<tr>
<td>Year 6</td>
<td>Year 6</td>
<td>Week 6 Carys Kelly</td>
</tr>
<tr>
<td>Week 7</td>
<td>Year 6</td>
<td>Week 7 Alice Baker</td>
</tr>
</tbody>
</table>

Happy Birthday!

Matthew Li
Kindy White
Oliver Coates
3G
Tammi Ma
3G
Danny Duong
PPG
Leiha Davis
3W
Tina Le
1W
Ela Kowalczyk
3W
Alyanna Genete
Kindy Green
Orlando Martino Da Fonseca
Kindy Green
Ilyssa Fuentes
3G
Tahlia Cooper
Year 6
Emily Dillon
2G
Billie-Rose Francis
2W
Community News

Garden Fair

Saturday 21 November 8am-12pm

* Arts & Crafts  * Cakes  * Jams
* Plants  * Books  * Jewellery
* Jumble  * Clothes  * Toys
* Morning Teas  * Sausage Sizzle

St Augustines Church
Cnr Robert and Murray St, Bayswater
Early in 2016, Mercedes College will commence interviewing Year Five students who are due to start Year Seven in 2018. If you are considering enrolling your daughter at Mercedes and have not yet requested an information pack, please contact Mrs Julie Lamb on 9323 1340 as soon as possible. Further information about enrolments is available on our website, [www.mercedes.wa.edu.au](http://www.mercedes.wa.edu.au).

GuitarWorks is holding “Free School Holiday Guitar Workshops” for anyone interested in learning guitar. These 1½ hour demonstrations cover all aspects of guitar playing and styles. Bookings essential, for more info contact Stefan Cutri guitarworks@iinet.net.au Mob: 041 444 8907
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.

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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 Parents, Friends or Family members.

Kind Regards,

Dianne Sobelko

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AUSCAN SAFETY

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• Residual Current Device (RCD) testing and tagging;
• Fire equipment maintenance;
• Microwave Oven safety inspection; and
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Please contact Frank on 0455 922 472

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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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Transforming Lives

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Michael Crofton  0403 017 804  Email: michael@chl.net.au

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**Classifieds**

Your local agent Matt Anderson
lives in bayswater, loves bayswater & sells in bayswater

Please call for a free market appraisal.
Matt Anderson
mob. 0431 202 226
office. 9371 1090
manderson@elderestate.com.au
www.elderestate.com.au

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Tanya: 0416 02 26 36
admin@tagbookkeeping.com.au
www.tagbookkeeping.com.au

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

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GP After Hours

MOUNT LAWLEY

MON-FRI ................. 7pm-11pm
SAT ..................... 2pm-10pm
SUN & P. HOL......... 10am-10pm

779 Beaufort Street
(cnr Third Avenue)
MOUNT LAWLEY WA 6050

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