Change of date for Annual General Meeting

The Annual General Meeting has been re-scheduled to Wednesday 29th November. Further details to follow.

Pre-Kindergarten 2018

We currently have vacancies in our Pre-kindergarten program for 2018. Information regarding the program can be found on our website www.saintcolumbas.com.au along with enrolment application forms. Please contact the school office on 9208 2701 with any enquiries.

St Vincent de Paul Christmas Hampers

A reminder that the last day for students to bring in items for the St Vincent de Paul Christmas hampers is Monday 27th November.

Families leaving at the end of 2017

Could any family not returning to St Columba’s in 2018 please notify the office in writing as soon as possible if you have not already done so.

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: Wednesday 11 October to Friday 8 December
School Times: 8:30 a.m.—3:00 p.m.

*PLEASE CHECK THE WEBSITE PLANNER FOR REGULAR UPDATES TO THE CALENDAR
Dear Parents

As I am sure you are all aware, we have finally been able to have access to the undercover area and this has caused great excitement for students and teachers alike. It is a great space and was ‘launched’ last Friday with our Remembrance Day ceremony, which was a wonderful tribute to all who have served our country in the armed services. Having access to the undercover area has enabled us to have the school on the same time schedule, and assign staff to supervise in the Library during lunchtimes.

Once again, I would like to remind you that parking in the Kiss and Drive is not allowed before school. Many families access this area in the mornings and parked cars disrupt the flow of traffic. Many thanks for your understanding and cooperation.

Currently, we are preparing for our end of year activities with the school concert being held in the undercover area tomorrow evening commencing at 6.00pm. Seating will be provided for parents and standing room will be available at the back. Please check the details on the recent flyer. This is also the time of the year when we begin planning and preparing for 2018 which includes finalising staff allocations and class lists. Class lists are developed with the best interests of the child, and great consideration is given in ensuring that each child’s academic, social and emotional needs are catered for. While I appreciate that parents are concerned about their child, please be assured that every teacher thinks long and hard about class allocations. I respectfully request that parents desist from requesting specific teachers, as our inability to comply may offend.

On Wednesday, staff and students enjoyed a short visit from our new principal, Mr Art Lombardi, who visited all classrooms to introduce himself and to tour the school. He has sent the following message via email:

“Hi Staff and Kids of St Columba’s
I just wanted to say a huge thank you for making me feel so very blessed to be coming to be with you next year. I love my Mary Mackkers, and will miss them, like Mr Martin will miss you, but I cannot wait to get to know you. Have a wonderful end of term, enjoy the new undercover area, and I will see you in 2018.
Go North Melbourne!
Mr Lombardi (Art)”

God Bless
Megan Dwyer
The Interschool Athletics carnival was held on Friday October 27th at the WA Athletics Stadium. The team was in fabulous form and very excited to be at this amazing venue. The weather was cold but that did not dampen our enthusiasm. The team had been training for weeks and finally it was their time to shine – and they did! Congratulations to all of our competitors from Year 3-6. You all made us so proud.

The results were as follows:

Boys 2nd place
Girls 6th place
Overall 4th out of 8 schools.

Many thanks to Tammi Doyle who assisted with training, the parents who organised the breakfast especially Janelle Chudzik and all the parents who came and cheered the team on the day. Also to Shelby Whatmore and Mrs Xavier who assisted with marshalling and in the bays.
**21 BOY-FRIENDLY PARENTING TIPS AND STRATEGIES**

BY MICHAEL GROSE

Surprise, surprise! Boys and girls are different. Whether it’s nature or nurture is largely irrelevant. The point is that boys and girls do best when their parents respond to the specific needs of their gender, rather than use a one size fits all approach.

Here are 21 parenting strategies guaranteed to meet the needs of the boys in your life:

**Communicating with boys**

1. **Choose your time to communicate**
   
   Adults who do best with boys have a way of getting into their time-frame. They can talk with them about what interests them now, what’s important to them now, what’s grabbing their attention now. That’s relatively easy when your sons are under ten, but challenging when they are teenagers.

   You have to be a little cunning to get into a teenage boy’s time-frame. A parent who picks up a teenage boy from a party at midnight, just may have a better chance of getting into this time-frame and getting a window into what’s important, than one who parents from a distance.

2. **Talk to boys while they are doing**
   
   One way to get boys talking is to get them moving. Go for a walk together, wash the dishes together or do some other job and you will find their tongues loosen up. The pressure to speak is removed by activity. More than this, males are activity-based. Just as activity and play is the language of fatherhood, activity is the mode to get many boys to open up and talk.

3. **Ask “what?” not “why?”**
   
   If a boy misbehaves never ask him “why?” He usually won’t be able to tell you. Instead get him to revisit the moment of poor behaviour and get some window into his thinking or motivation at the time. “What were you thinking about when you did…?” “What was going on to make you want to do that?” “What will you do differently next time?” These type of questions help ensure that boys learn from their experiences so they behave differently the next time they are in a similar situation.

**Managing a boy’s behaviour**

4. **Join the dots**
   
   Boys, more than girls, are likely to learn many of their lessons from experience rather than being told. However some boys can’t see the woods from the trees. One boy I know couldn’t see how his fast mouth (he was quick with a one-liner) was putting him offside with his teachers. It was obvious to everyone but the boy in question. He needed an adult to draw a line between his behaviour (smart mouth) and it’s outcome (teachers feeling disrespected). Be very calm and rational rather judgemental so that your son takes your message on board.

5. **Create a space for processing**
   
   A bad day at school may be followed by an angry outburst on arrival home, particularly if he is asked that time-honored question: “How was your day?”

   “&^$%$%!!” may well be the response as he slams his bedroom door behind him. He has just entered his cave where he will take his time to settle his thoughts and generally go within to draw on his internal resources. Resist the temptation to knock on his door and lovingly say, “Darling, is everything alright? Would you like to talk about it?” You are only inviting some more rejection. The best solution is to wait until he comes out of his cave before you talk. Generally, he will come out when he is ready and has made some sense of what has happened to him. This is the time to talk.

(Cont’d Pg 5)
6. **Teach him to cool off**

Many boys struggle to regulate their emotions. When a boy gets angry his testosterone levels rise, further inflaming anger. Anger then frequently spirals causing a boy to lose control of his behaviour completely. It is useful to teach boys to take some time to calm down and regain control of their physiology and their behaviour.

Methods such as time out, cuddling and comforting are useful to help young children learn to cool down. As boys move into school age and beyond, help them understand the triggers that can lead to anger and then discuss various methods help them regain some calm. Deep breathing, getting some exercise or thinking about something different are simple ways of relaxing. Boys that don’t learn to self-regulate their emotions during childhood don’t magically learn to regulate their anger in adulthood. **MARK THIS AS A VITAL SKILL TO LEARN.**

7. **Encourage boys to repair and restore relationship breakdowns**

Many boys naturally move on after conflict. It’s often seen as a strength or a positive compared to girls who can make conflict linger far longer than necessary. However they can often neglect repairing relationships so they can be perceived as callous or uncaring. Encourage boys to make amends with an aggrieved person either with an apology or an act of kindness following conflict with a sibling or a friend. Alternatively, consider sitting down with them and the aggrieved person to discuss what happened; what they may do differently next time and in some cases to listen to how the other person felt about their behaviour. Some boys need to some assistance to develop empathy and see how their remarks or behaviour can adversely impact others.

**Building boys’ confidence**

8. **Encourage collecting**

Boys are avid collectors. It’s in their nature. It’s how they put order in their world. They like to see the extremes and see how they are confined. Collecting can drive many parents crazy, but it’s linked to boys’ normal healthy development.

9. **Use private praise that is descriptive**

Boys respond really well to feedback, particularly if it is given with genuine intent. Private praise is more effective than public praise for boys as they can become embarrassed being praised in front of their friends or relatives. Tell them what you see and how you feel. “Wow. You have tidied the room really well and put everything back where it should be. It’s a pleasure to come into the living room.” Such comments genuinely made become stored in their bank of skills and builds up their confidence.

10. **Increase a boy’s time in environments where he succeeds**

Boys who struggle at school or in mainstream benefit enormously when they spend time in activities or in places that they enjoy; where they experience success and where they feel confident. If sport fits this bill for your son then let him spend plenty of time in those environments so he can experience what confidence feels like. Confidence has a snowball effect and frequently transfers to other areas.

**Helping boys succeed**

11. **Give them a reason to learn**

Boys are great pragmatists. They need a reason to learn or do something. Link their learning to what they are interested in. If they love football, then get them reading, writing and talking about football, or ways they can be better at football. Link learning to their lives as much as possible.

12. **Let your son see you read every day**

Reading is a predictor of success at school, yet many boys struggle to interact with the written word unless it’s in a digital format. Boys will value reading more when their significant role models (mum and dad) read too. Make sure they see you read for a variety of purposes – for pleasure, to cook a meal or work out a problem.

(Cont’d Pg 6)
13. Go visual to help their learning

Boys are more likely to be visual learners than girls, so play to their natural advantage. Use frameworks, lists and diagrams to aid understanding and increase retention. And show rather than tell them stuff. Once shown they are more likely to retain a picture in their heads to call upon when needed.

14. Teach boys to anchor

The concept of anchoring is really useful for boys who are forgetful, or for those who are learning a new behaviour. It involves linking a new behaviour or an activity they need to remember with a behaviour they already do. Anchoring has wide application. A boy who wants to remember to take a note to school may leave it in a breakfast bowl the night before. Knowing he always has cereal means he won’t forget his note.

Boys and technology

15. Create tech-free zones and times

Knowing when to leave technology alone is just as important as knowing when to use it appropriately. One way to teach appropriateness of technology use is to introduce tech-free zones and tech-free times into your family. For instance, dinner tables and mealtimes should be kept technology free to encourage face-to-face conversations. Bedrooms should be tech free, at least at night, to help children to get the sleep they need.

16. Differentiate between uses

Digital technology has three purposes—communication, education and entertainment. Be aware how your son is using technology, which will influence how you respond to them. Nuance your approach according to the children’s technology use.

17. Make sure boys play in the real world

You may need to be strong – very strong – but work hard to make sure that your son spends time playing in the real. The mum’s mantra of “Go outside and play” that many of us are familiar with is now something like “Put that device down. Now go outside and play.”

Boy-friendly mothering strategies

18. Teach your son about values and relationships

Mothers are generally stronger in the interpersonal areas of child rearing than fathers. Mothers generally do a great job of teaching their sons about a whole range of values (such as tolerance, persistence and loyalty) as well as helping them interact with others. Teach them to treat you well so that they will treat the other women in their lives, including their sisters and partners, with respect and kindness.

19. Step back in adolescence

Developmentally, it can be hard moving into manhood if your mum fights all your battles and is always whispering in your ear what you should be doing. Boys often need to find things out for themselves. Learn to step back a little during adolescence, but make sure you are there for them. Teen boys need to be reassured that their mothers will always be there for them. It makes them strong.

Essential strategies for fathers

20. Connect early

Don’t wait until they are ‘old enough to have fun with’ to start relating and playing with your sons. One way to ensure you connect early is to spend ten minutes a day on your own with your baby son.
21. Show pride in your son

Boys desperately want their dads to be proud of them. A boy thinks that if his dad is proud of him then he knows he’s loved. This need for approval is in the male psyche. It cannot be ignored although we often conveniently forget it. The need for their father’s approval has a massive influence on a boy’s behaviour, his achievement levels and, ultimately, on the nature of their relationship.

Jennifer Maughan
Social Worker
St Columba’s School Bayswater
Tues, Wed & Thursdays
P: 9208 2704
E: maughan.jennifer@cathednet.wa.edu.au
Uniform Shop News

The Uniform Shop has the following items for quick sale:

- Tracksuit Pants (variety of sizes - 5 pairs in total) - $31.50 each
- Tracksuit Jackets (variety of sizes - 56 in total) - $42.80 each
- Size 4 Pinafores (10 in total) - $48.50 each
- Size 4 Grey Pants (45 in total) - $24.75 each
- Size 4 White Long Sleeve Shirts (10 in total) - $20.25 each
- White Short Sleeve Shirts (variety of sizes - 29 in total) - $19.25 each

Items can be purchased online via www.ouronlinecanteen.com.au until sold out.
Important Notice:

As of Week 4 until the end of term, the Library will be open before school:

- Monday
- Wednesday
- Thursday

Opening times remain 8:15 – 8:45am

Parents and students please refrain from entering the Library Tuesday & Friday mornings, as there is no staff member on duty.

Apologies for any inconvenience.
The Modern Teaching Aids 2017 catalogue is here!

The MTA parent direct catalogue has some fantastic resources, games and fun toys for you to purchase, start your Christmas shopping early.

To purchase items from the MTA parent direct catalogue follow the instructions on the inside cover. When searching for the nominated school type in 'St Columba's ' and it will bring up our school for you to click on.

All purchases from the catalogue help generate vouchers for the school to spend on educational resources.

Everyone loves a souvenir of their child’s art! The Kids Art Works Fundraiser offers great Christmas gift options, choose from Calendars, Diaries, Mouse mats, Cards and Sketch Pads.

Your family and friends will love to receive such an original gift and at the same time you will be contributing to a great Fundraiser for our wonderful school!

All artwork and orders will be collected on Monday 20th November.

Order forms are attached to this newsletter.

Orders with payment can be left with teachers for collection or left at front office.

Products will be delivered in the last week of school.

Thank you for supporting your child and Kids Art Works®
Pastoral Care Raffle

The Pastoral Care raffle are held on Wednesday mornings between the 1st and 2nd bell.

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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<th>Class</th>
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<td>Kindy Green</td>
<td>Week 7 Chloe Smith</td>
<td>Week 8 Kensi Winkler</td>
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<td>Kindy White</td>
<td>Week 7 Annabelle Ong</td>
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Week 7 (22/11/17)

And

Week 8 (29/11/17)

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<td>Year 5 White</td>
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<td>Year 6</td>
<td>Week 7 Clancy Sheardown</td>
<td>Week 8 NO RAFFLE</td>
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Dear Families, this is a wonderful opportunity to pay a visit to the Schoenstatt Shrine:

1. Advent retreat day for families Sunday 3rd Dec 2017 from 1 till 3.30 pm
   Schoenstatt Centre, 9 Talus Dr. Mt. Richon
   Children's programme offered.
   **Registration necessary Ph 9399 2349**
   Optional: Mass at 11 am in the Shrine followed by BYO lunch

2. Advent reflection day for woman
   Wed 6th Dec 2017 10am till2 pm
   Schoenstatt Centre 9 Talus Dr. Mt. Richon
   Presenter: Sr. M. Elizabeth
   Cost $ 10.00 includes morning tea BTO lunch - Coffee and tea available
   Bookings: e.foley@bigpond.com ph. 9399 2349
   RSVP: Mon 4th Dec.
   The day will include opportunity for Reconciliation and Holy Mass

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**100 years**

**Schoenstatt International**

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**Mercedes College**

Victoria Square
PERTH WA 6000

Early in 2018, Mercedes College will commence interviewing Year Five students who are due to start Year Seven in 2020. 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).
Classifieds

**CARTER'S REAL ESTATE**

**Dianne Sobejko**

Mobile: 0493 916 138

151 McPherson Parade, Brookfield Park, WA 6053

email: dianne.sobejko@realestate.com.au

website: www.cartersrealestate.com.au

9272 8411

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5 La Salle Avenue, Middle Swan

lasalle.swan.wa.edu.au

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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.

I love my Job as a Licensed Real Estate Agent.

Kind Regards,

Dianne Sobejko

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Mrs Olga Beale
B.Ed., AMus.A.,
Teacher’s Certificate, WWC
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0435 713 655

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for a business card-sized ad.

Contact admin@stcolsbays.wa.edu.au
with your pdf and to arrange payment
to the P&F.

Lisa Baker MLA
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