SCHOOL FEES ARE NOW DUE

Parents who are not on a Direct Debit please ensure that your school fees are paid in full by 30th November 2016.

Anyone experiencing financial difficulties please contact either Peta Santella, Finance Officer, or Karen Meleca, Business Manager, to discuss a suitable repayment arrangement.

THEFT

There has been a reported case of theft around the school recently. Please ensure you car is locked, no valuables are left in your car and keep them close at all times.

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.

Parish Priest: Fr Minh-Thuy

Almondbury Street, Bayswater

Phone: (08)9271 1414

parish@stcolumbasbayswater.org.au

Parish Mass Times

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

www.parentingideas.com

Be careful with what you fight with kids about

Have you ever painted yourself into a corner because you chose the wrong battle with a child?

Recently I saw a dad who argued with an over-tired four-year-old over food.

“Come on Justin, just two bites. Two bites and you can go. Come on, two bites.”

“NOOOOHHHH!”

“Come on. You’re being silly. Two bites. Come on, two bites.”

The more the dad insisted; the more the little boy dug in.

Like a dog with a bone the dad wouldn’t let go. But the little boy was part Rottweiler he wasn’t letting go either.

Here’s the rub.

This argument had nothing to do with food. It was about winning, or more accurately, “I want to make you!”.

This dad was on a loser as he could lead a horse to water but he couldn’t make him drink it. The harder he fought, the harder the boy fought back. There are two lessons from this little story.

(Cont’d)
Social Worker News (Cont’d)

1. We need to choose our battles wisely

We choose our battles as parents. Food, bedroom tidiness and choice of clothes (although this one is a hard one indeed!) are common battlegrounds between parents and kids at different ages. Each is an area that children have some control over and each is an area that can be seen as a barometer of effective parenting.

I’m not suggesting that parents let kids do as they wish. I think we need to be careful about the battles that we choose as we risk harming relationships, and causing unwanted stress over relatively minor matters.

In the case of this dad, there was no way his son was going to starve so there was no point engaging in a 15 minute Mexican stand-off over two measly bites of his meal. It was a silly fight for a parent to have as in effect the parent turned into the child and the child turned into the parent.

2. Avoid the first impulse

We so easily get sucked into the vortex of conflict that’s created by a child’s unwillingness to cooperate. It’s easy to say: ‘Don’t fight’ — but when a child thrusts his chin at us in defiance and we react on impulse (yep, we get tired but when we’re tired we always revert to our base level of skill) we get dragged into a fight/battle/argument we can’t win.

And before you know it you blurt something out along the lines of “and you’re getting nothing for Christmas this year!!!!” Before you know it you’ve backed yourself into a real corner.

There’s got to be a better way. And there is. Here are three ideas that will help:

1. Build two lists

Create two lists. One consisting of the issues worth fighting with kids over (e.g. you need to be home when you say you will) and the second of things that aren’t worth fighting over (e.g. spotless bedrooms). I’ve found that many parents transfer items on the ‘worth fighting over’ list to the ‘not worth fighting over’ as they get more experience.

2. Step back and breathe

One way to stop being dragged into fights we can’t win is to step away from the source of conflict (in this dad’s case a few deep breaths and a walk into another room may have helped him gain some perspective) and take a breath or three to clear the air (and your head) may help you keep things in perspective.

3. Focus on what you’ll do

Telling kids what they should do tends to use fighting words.

‘Do this!’ is a coercive statement that invites a ‘No!’

Rather than tell kids what to do, focus your language on yourself. Rather than “Come and eat” which can invite an “I’m not hungry/ready/I’m playing a game” response try something along the lines of “I’ve just served up”. Now comes the interesting bit. Keep reminding your kids and you’ll train them to ignore you.

Take the meal away after ten minutes as they are still playing a game and then you are letting your kids know that you’re not getting involved in games of their making.

Parenting is always easy when there are no kids around. I’m sure if this dad read this he’d nod his head in agreement with the good sense it makes.

On the other hand, he was pretty determined not to let his four-year-old eat those two extra bites.

Yep, we need to be careful what we fight with kids over if we want to maintain good relationships; give them some say over their lives and get some joy out of family life.

Jennifer Maughan
Social Worker
St Columba’s School Bayswater
Tues, Wed & Thursdays
P: 9208 2704
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
- Pancake mix
- Savoury biscuits
- Muesli bars
- Pasta
- Pasta sauce
- Pancake mix
- Long life juice
- Christmas cake
- Christmas napkins
- Soft drink
- Christmas tablecloth
- Cordial
- Cereal
- Long life milk
- Christmas cake
- Soft drink
- 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 mustaches
- 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’

Congratulations to Year 2W & Year 3W - Class of the Week
Well done to both classes.

Please keep those overdue books coming in.

NB: All library books will need to be returned by 1st December 2016.

Come in during lunch and decorate our Aussie Christmas tree. Lots of Australian animals to colour and hang on our tree. Christmas books are available NOW for borrowing, so get in before borrowing closes for the year.
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

The uniform shop will not be open during the January school holidays. Please ensure all uniform items for 2017 have been ordered and picked up prior to the end of this term.

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.
Canteen

**TERM 4 ROSTER**

Please add your name to the roster via [www.ouronlinecanteen.com.au](http://www.ouronlinecanteen.com.au) if you are able to help out.

<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>16/11/16</td>
<td>Pettit Family</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Kylie Harbrow</td>
</tr>
<tr>
<td></td>
<td>Friday</td>
<td>18/11/16</td>
<td>Jennifer Migliore</td>
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<tr>
<td></td>
<td></td>
<td></td>
<td>Valerie Quintal</td>
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<tr>
<td></td>
<td></td>
<td></td>
<td>Vanderklau Family</td>
</tr>
<tr>
<td>7</td>
<td>Monday</td>
<td>21/11/16</td>
<td>Camille Goodlich</td>
</tr>
<tr>
<td></td>
<td>Wednesday</td>
<td>23/11/16</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Friday</td>
<td>25/11/16</td>
<td>Eddie Jamieson</td>
</tr>
<tr>
<td>8</td>
<td>Monday</td>
<td>28/11/16</td>
<td>Cathy Duffin</td>
</tr>
<tr>
<td></td>
<td>Wednesday</td>
<td>30/11/16</td>
<td>Shanahan Family</td>
</tr>
<tr>
<td></td>
<td>Friday</td>
<td>2/12/16</td>
<td>Cathy Duffin</td>
</tr>
<tr>
<td>9</td>
<td>Monday</td>
<td>5/12/16</td>
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<tr>
<td></td>
<td>Wednesday</td>
<td>7/12/16</td>
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<tr>
<td></td>
<td>Friday</td>
<td>9/12/16</td>
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</tbody>
</table>
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 (e.g., 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.

<table>
<thead>
<tr>
<th>Class</th>
<th>Week 6</th>
<th>Week 7</th>
</tr>
</thead>
<tbody>
<tr>
<td>Kindy Green</td>
<td>Kalani Brammer</td>
<td>Olivia Cullura</td>
</tr>
<tr>
<td>Kindy White</td>
<td>Tyson Hayward</td>
<td>Madden Dean</td>
</tr>
<tr>
<td>PP Green</td>
<td>Ava Moretta</td>
<td>Charlotte Pitter</td>
</tr>
<tr>
<td>PP White</td>
<td>Andrea Mandujano</td>
<td>Zoe High</td>
</tr>
<tr>
<td>Year 1 Green</td>
<td>Michael Wells</td>
<td>Mia Partington</td>
</tr>
<tr>
<td>Year 1 White</td>
<td>Owen Peters</td>
<td>Sophia O'Toole</td>
</tr>
<tr>
<td>Year 2 Green</td>
<td>Amber Nguyen</td>
<td>Ela Mutsaers</td>
</tr>
<tr>
<td>Year 2 White</td>
<td>Luca Lee</td>
<td>Norah Hammond</td>
</tr>
<tr>
<td>Year 3 Green</td>
<td>Bryce O'Shea</td>
<td>Arwen Dias</td>
</tr>
<tr>
<td>Year 3 White</td>
<td>Ethan Elliot</td>
<td>Mia Ross</td>
</tr>
<tr>
<td>Year 4 Green</td>
<td>Sergio Fontana</td>
<td>Keira Georgiou</td>
</tr>
<tr>
<td>Year 4 White</td>
<td>Leila Davis</td>
<td>Matilda Cooper</td>
</tr>
<tr>
<td>Year 5</td>
<td>Anthony Di Angelo</td>
<td>Jacob Cutler</td>
</tr>
<tr>
<td>Year 6</td>
<td>Keira Georgiou</td>
<td>Ola Jayamaha</td>
</tr>
</tbody>
</table>

Week 6 (18/11/16)

Week 7 (25/11/16)
Community News

St Columba's Community Carols By Candlelight

Carols By Candlelight. Sunday 11th December at 7pm at St Columba's Church. **ALL WELCOME!**
We had a fabulous first rehearsal last week! Thanks everyone for coming!

Our second Choir Rehearsal is on **THIS SATURDAY 19th November from 1.00pm to 2.00pm sharp.** Please be at St Columba's Church ready to sing at 1.00pm.

I look forward to seeing you there!

If you need anymore information please contact me via email angelabendotti@hotmail.com or on my mobile 0407389751

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January school holiday swimming lessons

Summer is coming – enrol now for swimming lessons
Enrolments for December/January lessons are now open. It is important for every child to learn to swim and develop essential water safety skills. VacSwim's school holiday swimming lessons are conducted by qualified instructors who teach children the skills to be confident swimmers and safe in the water. For further information and online enrolment visit education [wa.edu.au/swimming](http://wa.edu.au/swimming)
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9272 8411

Giving back to the community.
As a 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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