End of Year Concert:

As previously communicated to all families, the end of year concert, for the Years 1 – 6 will be held at Mercy College Gymnasium Koondoola, commencing at 6.30pm and concluding at approximately 8.00pm. Entrance to the car park will be via Mirrabooka Avenue. All students are requested to be at the college no later than 6.10pm. All families, in Years 1-6, were issued with tickets last week. Seats are not allocated to the ticket number and parents may choose their own seats on the night.

Thank you for your support with the above.

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 3 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.
From the Principal’s Desk (Cont’d)

2016 School Board and P&F Executive:

Congratulations and thank you to the following parents who have been nominated for the School Board and P&F Executive or are continuing their terms.

School Board 2016

Chairperson: Mar Hube
Secretary: Paul Shanahan
Treasurer: Greg Armstrong (Seconded)
Parish Rep: Ann McGill
Ex-Officio: Greg Martin (Principal)
Father Minh-Thuy (Parish Priest)
General: Natalie Campbell
Steeve Lee
Phil Wild (Seconded)
Verity Donovan

P&F Executive

President: Jennifer Debono
Vice President: Natalie Campbell
Treasurer: Abbie Ehrhardt
Secretary: Verity Donovan
Board Rep: Verity Donovan

2016 Student Allocation:

The 2016 class lists will be displayed in the display cabinet, near the front office, as well as the display cabinet downstairs near the canteen, from Monday 7th December. As you are aware, the lists are final and changes will not be made to the lists. Teachers have worked from a criteria, based on the needs of each individual student and classes.
Year 6 Graduation:
The Year 6 Graduation is scheduled for next Tuesday 1st December, commencing at 6.00pm. All students in Years 3 – 6 are required to attend the celebration in their full summer uniforms. Please keep the date free and support the school by ensuring all Years 3-6 students attend the ceremony.

Semester 2 Reports:
The Semester 2 Reports will be sent home on Friday 11th December. Parents will have an opportunity to meet with staff if they would like to discuss the child’s report further the following week. Appointments can be made via the school’s office to meet with classroom teachers.

Congratulations:
Mia Thomas from Year 6 has been awarded a Music Scholarship to Chisholm Catholic College. Congratulations Mia.

Greg Martin
GREG MARTIN
Principal
Here’s more from Michael Grose for families in our community with younger children

www.parentingideas.com

As a parenting educator of over twenty years’ experience, I’ve had many opportunities to observe and listen to parents in action. During this time I’ve learned some valuable lessons about raising children and managing families.

One thing I’ve learned is that parenting experts spend a lot of time helping parents learn what to do. We do not spend enough time teaching parents what to stop. Half of the parents I have met don’t need to learn what to do. They need to learn what not to do!

There are a lot of good reasons for this. Probably most prominent is the fact that most parent experts are committed to positive action to maintain forward momentum.

If you are a parent, or an educator who works with parents, then it’s helpful to focus on “What to Stop” as well as focus on the positive activities that parents should do.

Here are 20 poor behaviours of parents. Everyone I have met has exhibited one or more of these behaviours, including me! Review the list. Do you identify with any of these bad habits? If you are like the majority of people, the answer is yes, and you are ready to start putting positive parenting behaviours into action. So what to stop? Here goes:

1. Doing too much: We all know that kids need to learn to fend for themselves and stand on their own two feet. Independence is the aim for parents. Learn to delegate.

2. Winning arguments: The need to win arguments and prove that we are right harms relationships and creates fertile ground for conflict. Focus on the things that matter.

3. Expecting too little: Expectations are tricky. Too high and kids can give up. Too low and kids will meet them. Pitch them at their developmental age.

4. Speaking when angry: Speaking is our default mechanism regardless of our emotional state. When we are angry kids don’t listen. They pick up our venom but not our words. Choose the right time to speak to kids.

5. Failing to give proper recognition: It’s easy to take children’s good behaviour and their contributions to the family for granted. Catch kids doing the right thing.

6. Playing favourites: Children usually know who’s the favoured or preferred child in their family. Your discipline and expectations give this away. Share the parenting so you share the favouritism.

7. Letting kids drop out of the family: In small families every child has a bedroom, which means isolation is easy to achieve. Teenagers, in particular, tend to prefer their own company rather than the company of peers and parents. Put rituals in place and make sure everyone turns up to meal-time.

8. Taking the easy way out: It’s a quirk of modern life that as parents get busier with work and other things there is a tremendous temptation to avoid arguments by giving into kids. Hang in there when you know it’s the right thing to do.

9. Judging yourself too harshly: Parents are generally hard markers of themselves. Kids are more forgiving of their parents’ blunders than their parents. Parent your family as if it’s a large one.

10. Solving too many problems: Good parents try to solve their children’s problems rather then leave them some to solve. A forgotten school lunch is a child’s problem not a parent’s problem. Pose problems for kids rather than solve them.

(Cont’d Pg 5)
11. Confusing helping for responsibility: We all love it when our children help at home, but this shouldn’t be confused with taking responsibility. A child who gets himself up in the morning is learning to take responsibility. If you want a child to be responsible give him real responsibility.

12. Not listening: There is something inherent in most parents that makes us help children when they are in need or get stuck. We want to talk and help them solve their problems so they become unstuck. Listen first and then decide if you need to speak.

13. Taking yourself too seriously: There is a lot of gravitas placed on parents’ behaviours and on modelling that can weigh us down and take the joy out of the job. Take time to enjoy the little things.

14. Parenting the individual: Small family parenting is almost always an individual endeavour. It’s worth remembering that sibling relationships (if children have siblings) can be just as influential as the parent-child relationship. It will almost certainly outlast the parent-child relationship. Lead the group, manage the child.

15. Refusal to express regret: Sometimes parents can work themselves into a tight corner after they’ve said something out of anger or desperation. One parent I know cancelled Christmas out of desperation, and refused to admit she was wrong. Sometimes you need to acknowledge your mistakes and start over again.

16. Failing to use communication processes: Okay so you are about to talk to your children about sexuality and relationships. What process do you use? Where will you hold that conversation? Establish communication processes and communication places well in advance of when you really need them.

17. Neglecting your own well-being: Many families operate under a child-first mentality, which places a lot of pressure and stress on parents. We happily drive kids to their leisure activities at the expense of our own. Carve out some time for your own interests and leisure pursuits.

18. Giving feedback at the wrong time: Timing is everything when we give kids feedback. If you give negative feedback immediately after an event or action, you risk discouraging them. Use ‘just in time prompts’ to remind them how to do something. Pick your timing when you give feedback.

19. Clinging to the past: The ghosts from the past are strong indeed causing us to put some of our problems onto our children. The problems we may have experienced growing up won’t necessarily be shared by our children. Retune your parenting antennae to your children’s lives.

20. Believing everything your children say: As loving parents we want to trust our children and believe everything they tell us. Children are faulty observers and frequently only see one side of an issue. Help children process what happens to them and see issues from every side.

After reviewing this list, for those of you who still aren’t sure what to stop, there is one habit that I’ve seen take precedence over all of the others. You may be part of the majority of people who partake in this bad habit. What is the number one problem of the successful parents I’ve worked with over the years? It is *Doing Too Much*.

**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: musicellegance@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>
<th>Parent’s Name</th>
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<tbody>
<tr>
<td>8</td>
<td>Monday</td>
<td>30/11/15</td>
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<td>8</td>
<td>Tuesday</td>
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<tr>
<td>8</td>
<td>Wednesday</td>
<td>2/12/15</td>
<td>Joan Lestino</td>
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<td>8</td>
<td>Friday</td>
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<td>Friday</td>
<td>11/12/15</td>
<td>Lynn Teggerth</td>
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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.

<table>
<thead>
<tr>
<th>Class</th>
<th>Week</th>
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<tbody>
<tr>
<td>Kindy Green</td>
<td>Week 7 Alyanna Genete</td>
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<tr>
<td>Kindy White</td>
<td>Week 7 Grace Thoms</td>
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<tr>
<td>PP Green</td>
<td>Week 7 Taj Debono</td>
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<tr>
<td>PP White</td>
<td>Week 7 Piper Walsh</td>
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<tr>
<td>Year 1 Green</td>
<td>Week 7 Ruby Morris</td>
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Week 7 (27/11/15)

<table>
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<tr>
<th>Class</th>
<th>Week</th>
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<tbody>
<tr>
<td>Year 1 White</td>
<td>Week 7 Amber Nguyen</td>
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Week 8—No Raffle

<table>
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<tr>
<th>Class</th>
<th>Week</th>
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<tbody>
<tr>
<td>Year 2 Green</td>
<td>Week 7 Roman Hube</td>
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<tr>
<td>Year 2 White</td>
<td>Week 7 Lola Carter</td>
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<tr>
<td>Year 3 Green</td>
<td>Week 7 Olivia Petrella</td>
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<td>Year 3 White</td>
<td>Week 7 Mia Ross</td>
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<td>Year 4</td>
<td>Week 7 William Bonnett</td>
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<tr>
<td>Year 5</td>
<td>Week 7 Thomas Wils</td>
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<tr>
<td>Year 6</td>
<td>Week 7 Alice Baker</td>
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Community News

ROM TAE KWON DO
DIANELLA

NEW CLASSES STARTING NOW!

JIM SATCHELL
RECREATION CENTRE
1 LIGHT STREET, DIANELLA

MONDAY & THURSDAY
5.30PM-6.30PM

PHONE 0418 888 472
ONLINE romtkd.com.au
EMAIL romtkd@gmail.com
Facebook /romtaekwondo
#rom_tkd
Community News (Cont’d)

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.

CARTER'S REAL ESTATE

Dianne Sobekjo

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 Sobekjo

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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

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Michael Crofton is a credit representative (Credit Representative No. 399889) of BLSSA Pty Ltd ABN 69 117 651 (Australian Credit Licence No. 391237).

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Tanya: 0416 02 26 36
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www.galleriapodiatry.com.au

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After Hours
MOUNT LAWLEY

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

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(cnr Third Avenue)
MOUNT LAWLEY WA 6050

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(08) 6262 3923
0431 899 192
info@cobramartialartsmorley.com.au
cobramartialartsmorley.com.au

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Lisa Baker MLA
MEMBER FOR
MAYLANDS
(08) 9270 3550
(fax) 9272 4291