Jubilee Year of Mercy Reflection

“The only people God will not forgive are those who do not want God’s forgiveness, just like only those who stand in the shade are not warmed on a sunny day.” Pope Francis

Term 4 Week 7

Parish Mass Times

**Weekdays:**
- 9.00 a.m.

**Saturday**
- Vigil Mass 6.00 p.m.

**Sunday**
- Mass 7.30 a.m.
- Mass 9.30 a.m.

**Parish Youth Mass**
- Last Saturday of each month.

Parish Priest: Fr Minh Thuy
- Almondbury Street, Bayswater
- Phone: (08)9271 1414
- Email: parish@stcolumbasbayswater.org.au

**Parents and Friends**
- Disco Evening 6.00pm

**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**

**Monday 21st November to Friday 2 December**
- Swimming Lessons
- Years 1 & 2

**Friday 25th November**
- Parish Mass
- Years 1 & 4
- End of Year Carols
- Evening 6.00pm
- Followed by P&F Disco

**Tuesday 29th November**
- Year 6 Graduation
- 6.00pm

**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.

**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
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**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.
2017 Student Leaders

Head Girl - Sophia Giacci
Deputy Head Girl - Jaymie Thompson

Head Boy - Jack Mann
Deputy Head Boy - Kaisen Musca

Columbanus Faction Captains
Hannah Doyle and Angus Dodd

McAuley Faction Captains
Lily Ziino and Clancy Sheardown

Pascal Faction Captains
Miah Hein and Aidan Campbell

Russell Faction Captains
Aimee Bullier and Felix Francis

Congratulations to all these students.
End of Year Carols Evening

Children will meet at their classrooms at 5.30pm and will walk to the oval as a class. After the concert, students will return to their classroom where a parent can come and collect them. We ask that parents please allow time for the students to arrive back at their classroom before coming to collect them. We also request that parents do not collect their children during the concert, please wait until the children have returned to their classroom at the conclusion of the concert.

The Milne St gate will be open for access to and from the oval on the night.

P&F Disco

All families are welcome to our whole school disco after the End of Year Carols this Friday night (25 November). The disco will commence straight after the carols, around 7.15pm and will finish at about 9.30pm. Please note that parents will be required to supervise their own children during the evening as teachers will not be present after the carols finish.

The P&F hopes to see you all there!

Year 6 Graduation

Dear Parents

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 year in readiness for next years’ photos.
How your kids can get a good night’s sleep

Many kids today are sleep deprived. Teenagers, in particular, don’t get enough sleep. They need between nine and 10 hours sleep each night, yet most get about seven or eight hours sleep. Some get less.

Not getting enough sleep leads to sleep deprivation, which is akin to jet lag, where kids don’t function at their optimum. Lack of sleep leads to irritability, decreased creativity and memory lapses. It also has strong links to anxiety and depression.

How sleep helps kids

Sleep maximises the brain growth which occurs with toddlers and teens. Sleep also consolidates learning: sleep research has shown that the brain practices what it has learned during the day when a child or young person is asleep. So sufficient sleep consolidates past learning as well as keeps kids fresh to maximise their future learning.

Develop good sleep habits when kids are young

Sleep experts stress that while adults may not have control over biology we can assist children and teens to establish good sleep patterns. Children usually carry good sleep habits into adolescence. If you struggle to get young children to sleep or constantly battle kids who want to stay up longer, some knowledge of good sleep habits may be useful.

Good sleep habits include:

1. Regular bedtimes:
   
   Kids may fight this, but make sure kids keep regular bedtimes during the week and allow them to stay up a little later on weekends. Children need between 10 and 12 hours of sleep each day, while teens need a minimum of nine hours.

2. A 45-minute wind-down time before bed:
   
   This includes: removing TV and other stimuli, calming the child down and limiting food intake (and caffeine for teens). The wind-down time informs the body clock that sleeping time is near.

3. A bedtime routine:
   
   Have a bedtime routine, such as story reading and teeth cleaning, that signals psychologically that it is time for sleep. A set routine means that kids can predict. It also means that some children will fight bedtime so you need some good strategies in place to get kids to bed and make sure they stay there.

(Cont’d)
5. Keeping bedrooms for sleep:

   Bedrooms that resemble caves are recommended. It gets tricky with mobile phones and other information technology, but it’s smart to keep devices and laptops out of bedrooms at sleep-time. This goes for parents too. I’ve noticed most parents sleep in technology-free bedrooms (apart from a clock-radio) yet their kids will have technology-full rooms. Also don’t let kids do schoolwork on their beds. If so, they’ll begin to associate bed with work, rather than sleep.

6. Maximise the three sleep cues:

   These include: darkness (maintaining a cave-like bedroom); lowering body temperature (baths can be good for this); and melatonin (work within their cycle).

If your kids get less sleep than they should, check out the five habits above and work out which of these you can adjust to move things in favour of them getting more sleep.

Here’s to better parenting (and better sleepers!).

---

**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:

<table>
<thead>
<tr>
<th>Christmas pudding</th>
<th>Fruit mince pies</th>
<th>Extras</th>
</tr>
</thead>
<tbody>
<tr>
<td>Custard</td>
<td>Sweet biscuits</td>
<td>Pancake mix</td>
</tr>
<tr>
<td>Tinned fruit</td>
<td>Savoury biscuits</td>
<td>Tinned vegetables</td>
</tr>
<tr>
<td>Bon bons</td>
<td>Candy canes</td>
<td>Muesli bars</td>
</tr>
<tr>
<td>Tea</td>
<td>Jelly</td>
<td>Pasta</td>
</tr>
<tr>
<td>Coffee</td>
<td>Jams</td>
<td>Pasta sauce</td>
</tr>
<tr>
<td>Milo</td>
<td>Long life juice</td>
<td>Vegemite</td>
</tr>
<tr>
<td>Long life milk</td>
<td>Christmas cake</td>
<td>Soft drink</td>
</tr>
<tr>
<td>Dried fruit</td>
<td>Christmas napkins</td>
<td>Cordial</td>
</tr>
<tr>
<td>Confectionery</td>
<td>Christmas tablecloth</td>
<td>Cereal</td>
</tr>
</tbody>
</table>

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.
News from the Library...

‘Class of the Week’

Congratulations to Year 4W - Class of the Week

Congratulations!

Please keep those overdue books coming in.

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

Don’t forget about the competition in the library during lunchtime:

'Design the fireworks stamps to be used in our painting project’

The winner will receive a $20 gift voucher from Crow Books

A warm invitation is extended to all families to visit the library from 8:15am each morning. Kindy families take advantage to come and read all our fabulous picture books with your little ones till 8:45am
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>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>Eddie Jamieson</td>
</tr>
<tr>
<td></td>
<td>Friday</td>
<td>25/11/16</td>
<td></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>Cathy Duffin 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>
<td></td>
</tr>
<tr>
<td></td>
<td>Wednesday</td>
<td>7/12/16</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Friday</td>
<td>9/12/16</td>
<td></td>
</tr>
</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.

Kindy Green
Week 7 Olivia Cullura
Week 8 Camille Tribut

Kindy White
Week 7 Madden Dean
Week 8 Grace Hamilton & Emily Salt

PP Green
Week 7 Charlotte Pitter
Week 8 Daphne Wishart

PP White
Week 7 Zoe High
Week 8 Kate Rattray & Lucas Bentley

Year 1 Green
Week 7 Mia Partington
Week 8 Sienna Ross

Year 1 White
Week 7 Sophia O’Toole
Week 8 Jayden Cho

Year 2 Green
Week 7 Ella Mutsaers
Week 8 Maia Dean

Week 7 (25/11/16) Year 2 White
Week 7 Norah Hammond
Week 8 Bianca Magill & Lilly Smith

and

Year 3 Green
Week 7 Arwen Dias
Week 8—NO RAFFLE

Week 8 (2/12/16) Year 3 White
Week 7 Chloe Gardiner
Week 8 Isaac Bristow-Baohm

Year 4 Green
Week 7 Mia Ross
Week 8 Stefan Zirojevic

Year 4 White
Week 7 Matilda Cooper
Week 8 Aleisha Biddle

Year 5
Week 7 Jacob Cutler
Week 8 William Bonnett

Year 6
Week 7 Ola Jayamaha
Week 8 Emily Wright
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!

This week’s choir rehearsal is on **THIS SATURDAY 26th NOVEMBER from 2.00pm to 3.00pm sharp.** Please be at St Columba's Church ready to sing at 2.00pm.

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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Dianne Sobejko
Licensed Private Hire Driver
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A City Taxi - 252 Albert St Maddington
Toll Free 131 443

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 Sobejko

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f: 08 9279 9358
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- Dangerous Goods Transportation

- Patios
- Shadecloth
- Sheds
- Letterboxes
- Meterboxes
- Bollards
- Doors
- Bike racks
- Tennis nets
- Artificial turf
- Gates
- Signs

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Liam Smith
Owner/Manager

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allsorted@handyman.com.au
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- Paving
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- Artificial turf
- Waste removal
- Garden clean-ups
- Patios
- Shadecloth
- Sheds
- Letterboxes
- Meterboxes
- Bollards
- Doors
- Bike racks
- Tennis nets
- Artificial turf
- Gates
- Signs

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