



St. Columba's School Bayswater

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Website: www.saintcolumbas.com.au

21 February, 2018

Term 1, Issue 4

Newsletter

Attachments

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

MERCY

JUSTICE

SERVICE

COMPASSION

EXCELLENCE

MERCY VALUE FOR 2018 IS SERVICE

At St Columba's Primary we believe that service is a core value that encourages children to ask not what can be done for them, but what can they do for the world.



IMPORTANT DATES

FRIDAY 23rd FEBRUARY

Parish Mass
Years 2 & 6

MONDAY 26th FEBRUARY

Dental Screening
Years 3 & 6 & Pre-Primary

Save the Date.....

P&F Family Movie Night

Friday 23rd March @ 6pm

More details to come soon



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

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 1 Dates: Wednesday 31 January to Thursday 12 April.

School Times: 8.30 a.m.—3.00 p.m.

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

P&F News

Last night was the first P&F meeting of the year and we had over 30 people attend. The numbers were not only made up of class representatives but people who are interested in what is happening in the P&F and the School. Thank you to everyone who gave their time and came along to the meeting, we had many fantastic questions and discussions. If you were unable to get to the meeting your class representatives will be sending out an email soon with the minutes from the meeting and the Principal's report.

The next P&F meeting is Tuesday 20th March at 7:30pm in the Library.

Coles Sports for Schools

Please keep collecting vouchers when you shop at Coles. The more vouchers collected the more free sports equipment we can get for the School. There is a collection box in the office and one located in the library for you to deposit your vouchers into.

Family Movie Night

When: Friday March 23rd

Where: School Oval

Time: 6pm (7pm Movie starts)

Movie to be screened: Moana

Cost: Gold coin donation per person

Come along and welcome in the new school year with the first P&F event for 2018. Bring your picnic rug, beanbags or chairs (short festival chairs only) sit back relax and enjoy a movie on the big screen under the stars on the school oval. It will be BYO picnic from 6-7pm which gives you a chance to catch up with school friends, then the movie will screen at 7pm. The P&F will be selling popcorn, lollies, soft drink, juice boxes, water and slushies on the night.

Cyber-Safety Parent Information Session

When: Thursday April 5th

Where: Parish Hall

Time: 7pm (session will run for approximately 1.5hrs)

Cost: FREE

ThinkUKnow Australia is a cyber-safety education program that educates parents, carers and teachers of how people are using technology, the challenges they may face online, and how to help them overcome these in a safe and ethical way.

The presentation covers issues relating to children and young peoples' privacy and security online, their relationships with other users and their online reputation. It provides insight into the devices young people are using, as well as the popular websites, apps and social networking sites they're accessing.

This is a fantastic opportunity for you to learn more about young people and the online environment, and how you can help them to be safe and responsible users of technology.

Simonne Moretta
President

From the Social Worker

BY MICHAEL GROSE

PARENTINGIDEAS.COM.AU

There's one essential skill that's absolutely paramount for parent effectiveness but it's overlooked in most parenting books and articles.

That is, the ability to manage your reactivity.

Ever had your best parenting intentions hijacked by your emotions?

Do any of these situations sound familiar?

You know you should stay calm in the face of a young child's tantrum but you simply blow your top instead.

You know you should just let your teenage son's smart aleck, patience-testing comments go but you can't help giving him a piece of your mind instead.

You know the best response to low-level, but annoying, sibling bickering is to simply ignore it, but your anger gets the best of you and you yell...just like your kids.

You can learn all the positive parenting strategies you want but none will be effective until you figure out a way to manage and control your emotional reaction to kids' misbehaviour.

Yes, we get tired but that's no excuse for our inability to manage our reactions. Tiredness and fatigue reveals our default skill levels. Sportspeople, like parents, always revert to their base skill levels when they get tired. That's why elite sportspeople keep practising basic skills so that they can still execute them well under pressure and fatigue.

So how can you better manage your reactivity?

It all starts with our breathing!

Yep, manage your breathing and you then start to manage your thinking and your feelings.

Breathing is the only visceral or physical process that can change your thinking.

But remembering to take some breaths can be a feat in itself.

First, you need to stop yourself from speaking or acting impulsively. Yes, STOP!

Step away from the situation that causes you stress. That step may be tiny – it maybe a look away, a small movement away from a tantrum-throwing child, or a taunting teen. But the movement away can be enough to stop you from reacting and give you the necessary space for you to take some big nasal, belly breaths! It's the breathing that changes your state. It's the stopping and breathing that needs to become your default behaviour whenever you experience stress. This not only buys you thinking time, but also helps you change your emotional state enough that you can bring yourself back from the edge of losing your cool. You can practise this self-management technique at work, in the community, as well as at home.

From the Social Worker (Cont'd)

The ability to manage your reactions is the skill that makes all the other parenting and personal skills happen. It's the skill that will make you more effective as leader (as the leader in any group is the person who remains calm when a crisis hits); more effective as a manager and more effective in all your relationships including those you have with your kids. Yet, it's the skill that few people think about and very few practise.

Jennifer Maughan

Social Worker

St Columba's School Bayswater

Tues, Wed & Thursdays

P: 9208 2704

E: maughan.jennifer@cathednet.wa.edu.au

Library News



WESTERN AUSTRALIAN YOUNG READERS' AWARD

Celebrate 'Tell a Fairy Tale Day' (26th February)



**Why not come into the library before school and read
a Fairy Tale together?**

A warm invitation is extended to all families to visit the library from 8:15am each morning. Kindy & Pre-Kindy families take advantage to come and read all our fabulous picture books with your little ones till 8:45am.

Library News (Cont'd)

The traditional season of Lent offers an opportunity to *prepare* our minds and spirits for the church's greatest celebration: *Easter*



yes! *Library open lunch times 1:15 – 1:35 daily*



Library News (Cont'd)

If there are any parents that are handy at sewing and are able to help please call into the library.



Rita Cuthbert
Library Officer

Uniform Shop News

In 2018 the uniform shop will open on Wednesdays at 2.15pm to 2.45pm ONLY. Orders can also be sent to your child's class.

The Uniform Shop has the following items for quick sale:

- Tracksuit Pants (variety of sizes) - **\$31.50 each**
- Tracksuit Jackets (variety of sizes) - **\$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) - **\$19.25 each**

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



Pastoral Care

Term rosters are placed on the classroom door and printed in the weekly newsletter for your 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

The Pastoral Care Team

To:

Olivia Janney
2G

Luca Sagnetti
Kindy White

Monique Parri
4G

Emily Giangiordano
5G

Quinn Wolters
1G

Lilly Smith
4W

Jack Gilbert
1W

Blake Partington
5W

	Kindy Green	Week 5 Ivy Dos Reis Week 6 Andrew Gai
	Kindy White	Week 5 Tracey Chhabra Week 6 Thomas Marine
	PP Green	Week 5 Kaitlyn Bidwell Week 6 Zachary Will
	PP White	Week 5 Braelyn Carruthers Week 6 Blake Kenyon
	Year 1 Green	Week 5 Kai Fermanis Week 6 Lucy Gardiner
	Year 1 White	Week 5 Isla Felton Week 6 Xavier Miller
Week 5 (28/2/18)	Year 2 Green	Week 5 Kassandra Flexman Week 6 Joshua Murnane
And	Year 2 White	Week 5 Chloe Byatt Week 6 Dante Felt
Week 6 (7/3/18)	Year 3 Green	Week 5 Mackenzie Brand Week 6 Bill Chan
	Year 3 White	Week 5 Amelia Brajevic Week 6 Danny Duong
	Year 4 Green	Week 5 Reilly Dudley Week 6 Annabelle Buckley
	Year 4 White	Week 5 Fionn Veale Week 6 Leah Purcell
	Year 5 Green	Week 5 Holly De Luca Week 6 Roman Kaless
	Year 5 White	Week 5 Archie Jarvis Week 6 Eva Ierace
	Year 6 Green	Week 5 Aleisha Biddle Week 6 Koby Harbrow
	Year 6 White	Week 5 Leonardo Tomich Week 6 Mija Nikolich-Vincec

Community News



Mercedes College

Victoria Square

PERTH, WA 6000

Early in 2018, Mercedes College will commence interviewing Year 5 students who are due to start Year 7 in 2020. If you are considering enrolling your daughter at Mercedes College and have not yet requested a Prospectus, please contact Mrs Julie Lamb on 9323 1340 as soon as possible. Further information about the enrolment process is available on our website at www.mercedes.wa.edu.au.

OPEN MORNING 13 March (Tue) 9am - 1pm
"Hope to see you there."



To register please go to: www.mercedes.wa.edu.au



Mercedes College



T: 9323 1323 • www.mercedes.wa.edu.au
A Ministry of Mercy Education Ltd

Community News (Cont'd)



Enrolling Now

2020 enrolment interviews are commencing now, and we warmly invite applications from the St Columba's community. Limited places are also available for 2019. [More information here.](#)

Servite College Open Morning – 6 April

On Friday 6 April, we will host a free College Open Morning with student guided action tours and an opportunity to meet our Principal and key staff. [More information here.](#)

St Mary's Leederville Centenary Celebration

Mass of Thanksgiving
Sunday 4th March, 10:30am

Celebrant Archbishop Timothy Costelloe SDB

Refreshments will follow after Mass
Aranmore College Centre for the Arts, Sports Science
Corner of Franklin and Oxford Street, Leederville



Community News (Cont'd)

CHISHOLM CATHOLIC COLLEGE

OPEN DAY/ SCHOLARSHIP and ENROLMENT INFORMATION

The College's annual Open Day will be held on Thursday, 15 March 2018.

Guided Tours will begin at 8.45am, 11am and 1.15pm from the Performing Arts Centre. Parking will be from the entry on May Street and as directed.

Bookings for tours are essential and close on Friday, 8 March 2018. To book please contact our administration office on 9208 2500.

The Principal also invites applications for College **Scholarships and Bursaries** including Academic Scholarships, Indigenous Bursaries and Music Scholarships.

More detailed information regarding the Scholarships and Bursaries can be found on the College website under *Enrolments*.

Requests for application forms should be directed to the College Enrolment Registrar Mrs Anne Balmer on 9208 2516. Please note that applications for scholarships close on Monday, 12 March 2018.

Enrolment interviews for Year 7 places for 2020 will commence shortly. The first round of applications will close on Friday, 16 March 2018.

Further information can be found on the College's website: www.chisholmcc.wa.edu.au

Classifieds

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Licencee GARY CLYDE WARNE ATF
THE WARNE CORPORATE TRUST

Dianne Sobejko
LICENCED REAL ESTATE AGENT

MOBILE: 0403 046 130
3 King William St, Bayswater WA 6053
A/H 9370 3554 FAX: 9271 7155
Email: dianne@cartersbayswater.com.au
Website: www.cartersbayswater.com.au

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



La Salle College

Touching Hearts
Teaching Minds
Transforming Lives

For a tour of the extensive facilities contact the Community Relations Department on 9449 0635
5 La Salle Avenue,
Middle Swan
lasalle.wa.edu.au



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- Portable electrical equipment testing and tagging;
- Residual Current Device (RCD) testing and tagging;
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Please contact Frank on 0455 922 472




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



Michael Crofton is a credit representative (Credit Representative No. 399899) of BLSSA Pty Ltd ABN 69 117 651 (Australian Credit Licence No. 391237).



MON-FRI7pm-11pm
SAT2pm-10pm
SUN & P. HOL..... 10am-10pm

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(cnr Third Avenue)
MOUNT LAWLEY WA 6050



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PIANO TEACHER

Mrs Olga Beale

B.Ed., AMus.A.,

Teacher's Certificate, WWC

5 Hill St, Bayswater

0435 713 655



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\$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.

Lisa Baker MLA

**MEMBER FOR
MAYLANDS**

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(fax) 9272 4291

