Dear Parents/Caregivers:

Swimming Carnival:

Thank you to all the students and parents who took part in yesterday's swimming carnival. It was an enjoyable day with the events running smoothly throughout the carnival. A huge thank you goes to Jo McCluskey for coordinating the carnival and ensuring everything went smoothly. Photos of the carnival and overall champions will be uploaded to the school's website in the next couple of days.

Deacon Truc:

Deacon Truc is being ordained a priest this evening, at the Cathedral, and then celebrating the Eucharist tomorrow evening and Sunday morning, at St Columba's Church. It would be wonderful to see as many families as possible from our community celebrating this special occasion with Deacon (Soon to be Father) Truc.

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

Term Dates: Mon 1 Feb—Fri 8 April
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.

*PLEASE CHECK THE WEBSITE PLANNER FOR REGULAR UPDATES TO THE CALENDAR
Catholic Principals’ Conference:

I will be attending the Primary Catholic Principals' Conference next week. The theme is 'Live Well, Lead Well & Be Well'.

Principal's Blogs:

Commencing in a couple of weeks, I will be sending out blogs instead of writing my section in the newsletter. These blogs may be daily and/or weekly, depending on what needs to be communicated. I will explain in more detail how information will be structured and disseminated to parents in the coming weeks.

Fees Statements:

Family Annual statements were sent home last week.

Parents/guardians are asked to complete a NEW direct debit form if they wish to pay using this facility. Forms can be downloaded from the website.

Current Government Health Care /Pension Cards must be presented before any discounts are applied.

Please contact Mrs Peta Santella or Mrs Karen Meleca if you have any queries regarding your account.

Wishing you all a safe and relaxing long weekend.

Greg Martin

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

www.parentingideas.com

And now for some ideas about Sleep...

As the seasons change and the clocks go forward or back in different parts of the world it’s the ideal time to reinstate essential sleep habits in kids.

Sleep research shows that children who develop good sleep patterns usually carry these into adolescence, and beyond. If you are a parent of young children struggling to get them to sleep or battling kids who want to stay up longer then a proper working knowledge of good sleep habits and sleep hygiene is a must.

Great sleep habits include:

1. **Regular bedtimes.** Kids may fight this, but be regular during the week and let kids stay up a little later on weekends.

2. **A wind-down time of at up to 45 minutes prior to bed.** This includes, removing TV and other stimuli, calming children down, and limiting food intake (and caffeine for teens).

3. **Bedtime routine** such as story, teeth-cleaning that signalled psychologically that it is time for sleep.

4. **Keeping bedrooms for sleep** and not for TV or devices. Bedrooms that resemble caves seem to be recommended.

5. **Maximising the 3 sleep cues** of: darkness (cave-like bedroom), lowering body temperature (baths can be good for this) and melatonin (work within their cycle).

It seems that sleep is one thing that we can all become educated about. We take it for granted and often view poor sleepers through a behavioural lens. Better knowledge of the biology of sleep and also sleep patterns will go a long way to helping kids and teens get a good night’s sleep. I believe it's an absolute essential for good modern parenting.

**Jennifer Maughan**

*Social Worker*

*St Columba’s School Bayswater*

*Tues, Wed & Thursdays*

*P:* 9208 2704

*E:* maughan.jennifer@cathednet.wa.edu.au
P & F News

Welcome Morning Tea
Thank you to all that donated their time and cooking skills. Turnout was very disappointing, and a small donation from the pre-loved shirts was given to the Parish.

Hot Cross Bun Order
Only two weeks to go, so get your orders in

Next P&F Meeting
The next P&F meeting is Tuesday 22 March at 730pm in the library.

Jennifer Debono
P & F President

Library News

Parents your help is needed with the covering of some of our gorgeous new books.

Please see Mrs Cuthbert in the library to either arrange for a time to come in, or take small batches home to cover... whichever is more convenient.

Uniform Shop News

The Uniform Shop will be open every Wednesday at 1.00pm to 2.30pm. Order forms can be found on the website. Orders can be paid for at the office, by cash/cheque/eftpos, and placed in the locked box just outside the office. All orders will need to be picked up from the uniform shop. You will be notified when the order is ready to be picked up.

We are now accepting winter uniform orders.

Out of School Hours Care (OSHC)

For all enquiries and bookings please call Jess on 9208 2723, or email: oshc@stcolsbays.wa.edu.au
Canteen


Parents, you can add your name to the canteen roster via the above website.

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<th>Day</th>
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Wednesday the 16th March is St Patrick’s Day at the Canteen.  
We will be having ‘Green’ Morning Tea which can be ordered online.  
If any parents are able to help contribute any items for morning tea please see Sheryl in the Canteen.

**PLEASE UPDATE YOU CHILD’S YEAR/CLASS VIA THE ONLINE CANTEEN WEBSITE TO ENSURE YOUR CHILD GETS THEIR LUNCH ORDER.**
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.

Kindy Green  
Kindy White  
PP Green  
PP White  
Year 1 Green  
Year 1 White  
Year 2 Green  
Year 2 White  
Year 3 Green  
Year 3 White  
Year 4 Green  
Year 4 White  
Year 5  
Year 6

Week 5 Rafael Martino Da Fonseca  
Week 6 Talia Chan  
Week 5 Olivia Coffey  
Week 6 Aaron Gorman  
Week 5 Jack Katch  
Week 6 Esther Coates  
Week 5 Ava Giangiordano  
Week 6 Olivia Janney  
Week 5 Sofia Lawes  
Week 6 Milan Dimitrijevic  
Week 5 Lila Brown  
Week 6 Taj Debono  
Week 5 Lily Byatt  
Week 6 Ruby Morris  
Week 5 Fionn Veale  
Week 6 Sithmi Ratnasekara  
Week 5 Archie Jarvis  
Week 6 Milla Iaschi  
Week 5 Gabriel Durack  
Week 6 Eva Ierace  
Week 5 Jarrod Clark  
Week 6 Olivia Petrella  
Week 5 Ruby Raso  
Week 6 James Wright  
Week 5 Hannah Doyle  
Week 6 Sebastian Car  
Week 5 Christopher Pincus  
Week 6 Indianna Marrapodi
**Community News**

**Save the Date!**

**PFFWA Conference and AGM 2016**

“Congratulations! We Hear You’re Engaged!”

The Parents and Friends Federation of WA are excited to be putting the last touches to our conference program for this year. As usual the conference opening dinner will be held on Friday evening 20th May at Crown Perth.

The conference will commence the following morning and go through until 5.00pm. Refreshments including morning tea, lunch and afternoon tea are provided on the day of the conference, along with great speakers, interactive sessions and the usual fantastic networking opportunities.

With both Federal and State elections on the horizon, PFFWA have invited politicians from the major parties to attend and you will have the opportunity to hear what their vision is for education in Western Australia in the foreseeable future.

**Dates for your diary – 20th & 21st May 2016**

At Crown Perth

For more information, please keep an eye on the PFFWA website and our Facebook page or contact admin@pff.wa.edu.au tel 9271 5909

https://www.facebook.com/pffwa www.pff.wa.edu.au 9271 5909 103 Wood St, Inglewood, WA 6932

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**CHISHOLM CATHOLIC COLLEGE**

**OPEN DAY and SCHOLARSHIP INFORMATION**

The College’s annual Open Day will be held on Wednesday 9 March 2016. 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 the 4th March.**

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 Thursday, 24 March 2016.

Further information can be found on the College’s website: www.chisholm.wa.edu.au
Community News

Kids Karate Perth

New location now open in Morley

Phone: 0450044458   Email: james@igks.com.au

Address: 22 Boag Place Morley 6062
(opposite Bunnings carpark)

Classifieds

Advertising space available!

$50.00 per term for a business card-sized ad.

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

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.

Kind Regards,
Dianne Sobajko

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m: 0487 727 054
p: 08 9378 3311
f: 08 9279 9338
e: ben@willsteadteam.com.au

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po box 159 bassendean wa 6934
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Classifieds

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www.tagbookkeeping.com.au

La Salle College
*Touching Hearts, Teaching Minds, Transforming Lives*
Enrolments for Year 7, 2018 are now being accepted. For a prospectus and enrolment form, please contact La Salle College on 9274 6266 or visit the College website www.lasalle.wa.edu.au

**OPEN DAY**
Tuesday 5 April 2016
Tour Times:
9:15am, 11:15am and 1:30pm
To book your tour contact 9274 6266

After Hours
MOUNT LAWLEY

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

779 Beaufort Street
(cnr Third Avenue)
MOUNT LAWLEY WA 6050

Cobra Martial Arts Morley

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Unit 11, 515 Walter Road East, Morley
(08) 6262 3923
0431 899 192
info@cobramartialartsmorley.com.au
cobramartialartsmorley.com.au

Lisa Baker MLA
MEMBER FOR
MAYLANDS
(08) 9370 3550
(fax) 9272 4291