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

<table>
<thead>
<tr>
<th>MERCY</th>
<th>JUSTICE</th>
<th>SERVICE</th>
<th>COMPASSION</th>
<th>EXCELLENCE</th>
</tr>
</thead>
</table>

**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.

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**From the Principal’s Desk**

**HARMONY WEEK:**

Harmony Week is an opportunity for all Western Australians to celebrate our vibrant multicultural State. Next week our students in Years 4 & 5 will be visiting Clontarf Aboriginal College and celebrating Harmony Day with the Clontarf students. The rest of the school will be celebrating the event at school.

Harmony Week runs from 15–21 March every year and encourages everyone to experience, explore and appreciate WA’s wealth of cultural, religious, linguistic and ethnic diversity.

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**HOLY WEEK LITURGY**

This Sunday is Palm Sunday when we remember Jesus’ triumphant entry into Jerusalem, marking the commencement of Holy Week.

At St Columba’s School we have a wonderful tradition of preparing for Easter through a whole school liturgy on the afternoon of Holy Thursday. This year some Year 5 and 6 students will be presenting a dramatic representation of the Stations of the Cross to the school. This liturgy will be held in the church next Thursday 24th March, commencing at 2.15pm

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**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—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:** 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.
From the Principal’s Desk (cont’d)

KISS AND DRIVE

Parents, a reminder regarding the safety of students at kiss and drive. Please ensure that your child/children enters the passenger side of the car and that the seat is free for them to sit straight down and not have to climb over any obstacles. Please also ensure that your child/children have seatbelts fastened before driving off.

MILNE STREET

There have been occasions where parents have called their children from the car on the other side of Milne Street. I have no jurisdiction on the streets, but the children’s safety is my priority. To ensure the well being and safety of all children, I respectfully request parents to park their vehicles and assist the children with crossing the road. A reminder, and out of courtesy to our neighbours, please do not block driveways nor park on verges.

PRINCIPAL’S BLOG

Commencing in week 8, 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.

CONGRATULATIONS

Jaymie Thompson, Hannah Doyle, Jett O’Rourke and Joshua Strohmeier. These four students have qualified to compete in the Little Athletics State Championships this weekend at the WA Athletics Stadium. Good luck. Spectators are more than welcome to cheer on these students.

Greg Martin
Principal
A Gift for Father Truc
Here’s more from Michael Grose for families in our community with younger children

www.parentingideas.com

Every parent needs to read this!

Sleep can be a vexatious issue for some parents: the amount of time spent trying to get kids to sleep, worrying about kids not sleeping, being woken up by kids who should be sleeping…it goes on and on!

It’s an important issue for parents of teens too. The sleep-wake cycle for teenagers is delayed by up to two hours. That is, they are sleepy later and awake later than when they were children. Many teenagers today are sleep deprived because they don’t get enough sleep. They need between nine and 10 hours sleep each night, yet most get about seven or eight hours sleep.

Sleep experts have noted that children who develop good sleep patterns tend to carry these into adolescence.

So here are 5 tips for good sleep habits, and 5 extra tips for teens to help manage their changing sleep cycle.

Good sleep habits include:

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

2 Have a wind-down time of 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 An established bedtime routine that makes the brain associate behaviour such as cleaning your teeth and reading in bed with sleep.

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

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

1. Allow them to **catch up** on lost sleep during the weekends.
2. Help your young person **schedule** their after school activities to free up more time for rest.
3. Discuss ways to **limit stimulating activities** such as television and computer around bedtime. Encourage restful activities such as reading.
4. Afternoon naps are good ways to **recharge** their batteries.
5. Make sure they go to **bed early** each Sunday night to prepare for the coming week.

---

**Jennifer Maughan**

*Social Worker*

*St Columba's School Bayswater*

*Tues, Wed & Thursdays*

*P: 9208 2704*

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

Thank you to those parents who have already volunteered. If you have any spare time 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
Welcome to Netball 2016

St Columba’s Netball Club invites your child to join us for the 2016 netball season.

- Games are played at Kooyong St, Belmont
- Saturday mornings at either 8.30 or 10.30am
- 30 April to 17 September

Training for all teams will be at the Belmont courts, Thursdays 3.30 - 4.30pm.

** (Final game times will be confirmed once teams are registered and fixtures have been sorted.)

Registration and fees are required by 24 March 2016

Fees this year will remain the same, $170 and dress hire $20.

NetSetGo Year 1 (must turn 7 during the season), Year 2, Year 3 & first time Year 4’s)

JUNIORS (Year 4 second year of play and older students)
https://netball.resultsvault.com/common/pages/noauth/olregstart.aspx?misc=83sCC31vA8u8%2bsMD3iA6wFg%2b0Uwl4Lrw7Wt% 2fV8pbUq8%3d&entityid=52092&fl=1&id=16098

Please deposit money either by direct debit or in person at the Bayswater Bendigo Bank, using your child’s full name as reference.

Acc Name: St Columba’s Bayswater Netball Club

BSB: 633000

Acc No: 154633077

IF YOU WISH TO PURCHASE A DRESS AT A COST OF $75,
PLEASE EMAIL STCOLUMBASNETBALL@GMAIL.COM BY 24 MARCH

NEW MEMBERS

YEAR ONE PARENTS - If your child does not turn 7 in during the season, please contact Belmont Netball Association to enquire about their skills program, run at 8.30am Saturday morning during the season.

St Columba’s Netball Club is run by volunteer parents. If you would like to get involved, please email stcolumbasnetball@gmail.com, each team requires a coach and a manager.
Canteen

Please place all canteen orders online via www.ouronlinecanteen.com.au.

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

Term 1 Roster

<table>
<thead>
<tr>
<th>Week</th>
<th>Day</th>
<th>Date</th>
<th>Parent’s Name</th>
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</thead>
<tbody>
<tr>
<td></td>
<td>Wednesday</td>
<td>16/3/16</td>
<td></td>
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<tr>
<td></td>
<td>Friday</td>
<td>18/3/16</td>
<td>Rebecca Mann</td>
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<tr>
<td>7</td>
<td>Monday</td>
<td>21/3/16</td>
<td>Linda Orsi</td>
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<tr>
<td></td>
<td>Wednesday</td>
<td>22/3/16</td>
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<td></td>
<td>Friday</td>
<td>25/3/16</td>
<td>Good Friday</td>
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<tr>
<td>8</td>
<td>Monday</td>
<td>28/6/16</td>
<td>Easter Monday</td>
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<tr>
<td></td>
<td>Wednesday</td>
<td>30/3/16</td>
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<td></td>
<td>Friday</td>
<td>1/4/16</td>
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<td>9</td>
<td>Monday</td>
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<td>Friday</td>
<td>8/4/16</td>
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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 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.

To:

Amali Dias
1W
James Wright
4W
Jean-Pierre Roberts
Kindy Green
Gabrielle Mazurak
PPW
Kassandra Flexman
PPW
Lily Chudzik
2W
Matilda Cooper
4W
Emily Savage
Year 6

Kindy Green
Week 7 Ryder Walsh
Week 8 NO RAFFLE

Kindy White
Week 7 Lucy Gardiner
Week 8 NO RAFFLE

PP Green
Week 7 Max Kryachok
Week 8 NO RAFFLE

PP White
Week 7 Gabrielle Mazurak
Week 8 NO RAFFLE

Year 1 Green
Week 7 Mackenzie Markovic
Week 8 NO RAFFLE

Week 7 (18/3/16)
Year 1 White
Week 7 Eve Bristow-Baohm
Week 8 NO RAFFLE

And
Year 2 Green
Week 7 Saskia O’Neill
Week 8 NO RAFFLE

Week 8 (25/3/16)
Year 2 White
Week 7 Emily Thoms
Week 8 NO RAFFLE

No Raffle—Good Friday

Year 3 Green
Week 7 Amy Ehrhardt
Week 8 NO RAFFLE

Year 3 White
Week 7 Lucas Hancock
Week 8 NO RAFFLE

Year 4 Green
Week 7 Luke McLaughlin
Week 8 NO RAFFLE

Year 4 White
Week 7 Leah Savage
Week 8 NO RAFFLE

Year 5
Week 7 Sophia Giacci
Week 8 NO RAFFLE

Year 6
Week 7 Jordan Omerovic
Week 8 NO RAFFLE
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.

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West Ward

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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

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**Newsletter**

Term 1, Issue 7

**Lisa Baker MLA**

MEMBER FOR MAYLANDS

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