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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**Principal’s Desk**

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**Celebrate the resurrection of our Lord!**

Happy EASTER

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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.

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**Parish Priest:** Fr Minh-Thuy

Almondbury Street, Bayswater

Phone: (08)9271 1414

parish@stcolumbasbayswater.org.au

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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.

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**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.

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*PLEASE CHECK THE WEBSITE PLANNER FOR REGULAR UPDATES TO THE CALENDAR*
The Principal’s Blog/Desk:
The Principal’s Blog section of the website has now been established, thanks to Phil Wild, hence all my messages will now be uploaded to this section. This section can be seen on the front page of the website, there is no need to log in. You will receive notifications when items are uploaded. I assure you all you will not be inundated with daily messages. My items that would normally appear in the newsletter will now be uploaded on my blogs. Newsletters will continue to be uploaded, on a weekly basis, with the website calendar updated daily. If you haven’t registered for the website as yet, please do so in the near future. If you have any queries please contact Lisa in the main office.

Interim Reports

Interim reports for Students in PP – Year 6 will be completed by the classroom teachers and sent home on the last day of Term 1.

The Two-Way Interview timetables, for all year levels in Pre-primary – Year 6, are now displayed on the glass notice board, next to the lift and canteen. These have been scheduled for the first two weeks of Term 2. PP - Wednesday 27 April, Year 1 - Thursday 28 April, Year 2 - Friday 29th April, Year 3 - Monday 2 May, Year 4 - Tuesday 3 May, Year 5 & 6 - Wednesday 4th May. Please take the time to schedule yourself a time by writing your name in one of the spaces provided. If you’re unable to attend on the designated day, please make contact with your child’s classroom teacher so that an alternate date and time can be arranged. Also, if you require more time, please liaise with the classroom teacher so another meeting can be scheduled for another day.

This is a day of joy, a day to celebrate.
Christ is alive! Christ is risen! Alleluia!

Wishing you and your families a happy and holy Easter and may you receive God’s blessing during this season of thanksgiving.

Greg Martin
Principal
The Corporal Works of Mercy

The Corporal Works of Mercy are found in the teachings of Jesus and give us a model for how we should treat all others, as if they were Christ in disguise. They "are charitable actions by which we help our neighbours in their bodily needs" (USCCA). They respond to the basic needs of humanity as we journey together through this life.

One of the seven Corporal Works of Mercy is: Feed the hungry

There are many people in this world who go without food. When so much of our food goes to waste, consider how good stewardship practices of your own food habits can benefit others who do not have those same resources.

- Having delicious food at Christmas dinner? Donate to a Christmas food drive so everyone can have something to eat.
- Research, identify and contribute financially to organizations that serve the hungry.
- The next time you make a recipe that can be easily frozen, make a double batch and donate one to your local food pantry or soup kitchen.

Try not to purchase more food than you are able to eat. If you notice that you end up throwing groceries away each week, purchasing less groceries would eliminate waste and allow you to donate the savings to those in need.
Loose Parts

You may have noticed black buckets of 'loose parts', fabrics, tubes and recyclables, along with some wooden planks in our junior primary playground. These items are for the year one and two children to use at recess and lunchtime. Loose part play encourages collaboration, creativity, problem solving and risk taking in children, and allows them to use oral language and mathematical skills in a 'hands-on' manner. Children are encouraged to build and play with the items.

Please note these items are not for use before or after school and we request that Kindergarten and Pre-Primary students refrain from using them whilst waiting behind the gate. Thank you parents for your support with this.
Here’s more from Michael Grose for families in our community with younger children

www.parentingideas.com

MANAGING OUR REACTIVITY: HERE’S ONE OF THE MOST IMPORTANT PARENTING SKILLS WE CAN DEVELOP

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!

(Cont’d Pg 4)
Social Worker News (Cont’d)

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.

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

Jennifer Maughan
Social Worker
St Columba’s School Bayswater
Tues, Wed & Thursdays
P: 9208 2704
E: maughan.jennifer@cathednet.wa.edu.au
Drink bottle orders have now closed. Thank you to all those that have placed an order. We anticipate delivery of drink bottles to be the end of Term 1, however no guarantees.

Happy Easter

Jennifer Debono
P & F President

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.

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.

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.

<table>
<thead>
<tr>
<th>Week</th>
<th>Day</th>
<th>Date</th>
<th>Parent’s Name</th>
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<tbody>
<tr>
<td>8</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>9</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>Friday</td>
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<td>10</td>
<td>Monday</td>
<td>4/4/16</td>
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<td>Wednesday</td>
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<td></td>
<td>Friday</td>
<td>8/4/16</td>
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</tbody>
</table>

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  
Week 8 No Raffle  
Week 9 Amelia Dorozenko

Kindy White  
Week 8 No Raffle  
Week 9 Christian Lestino

PP Green  
Week 8 No Raffle  
Week 9 Lorys Mushayija

PP White  
Week 8 No Raffle  
Week 9 Aoife Rattray

Year 1 Green  
Week 8 No Raffle  
Week 9 Miel Fuentes

Year 1 White  
Week 8 No Raffle  
Week 9 Dante Felt

Week 8 (25/3/16) No Raffle

Week 9 (1/4/16)  
Year 2 Green  
Week 8 No Raffle  
Week 9 Ella Wiinschl

Year 2 White  
Week 8 No Raffle  
Week 9 Katarina Tomich

Year 3 Green  
Week 8 No Raffle  
Week 9 Lola Carter

Year 3 White  
Week 8 No Raffle  
Week 9 Emily Castellano

Year 4 Green  
Week 8 No Raffle  
Week 9 Isabella Farina

Year 4 White  
Week 8 No Raffle  
Week 9 Yannick Zdravic

Year 5  
Week 8 No Raffle  
Week 9 Ava Pinna

Year 6  
Week 8 No Raffle  
Week 9 Oliver Lovering
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.

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 Sobiejko

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

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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

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SAT ................. 11pm-2am
SUN & P. HOL........... 10am-10pm
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(cnr Third Avenue)
MOUNT LAWLEY WA 6050

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