Dear Parents, Caregivers & Students,

As mentioned in previous newsletters, in this world of technology, we have never had so much access to information, so with this in mind I follow a number of different blogs, groups or people on the internet, in particular Marc and Angel Hack Life. In one of their excerpts, they talk about letting go and feeling less stress in our lives. It made me think about the extremely busy 8 weeks we’ve had at school. Glancing over my calendar and ‘to-do’ list as I type this newsletter, I can’t help but think you’re all in the same position.

From the Principal’s Desk

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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—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:
Mon 2 Feb—Thurs 2 Apr
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
I went home last night, feeling unwell, and my wife quickly informed me that she had spent two and a half hours in the car driving our boys to and from various sporting venues. Of course I wasn’t able to assist, but it made me think how busy mothers are with the driving around, preparing meals, assisting with homework and ensuring the items for the next day are organised. Now before the dads shoot me down in flames, I know you’re all very busy as well, but our wives/partners are pretty special people (that should earn me a few brownie points with the mothers at school) because I don’t think I could cope if I had to do, what they do, daily. Give me a task to complete, that’s due the next day and I will stay up all night. Get me to drive around for two and half hours and I think I would pull my hair out (and I don’t have much on my head to pull out).

Below are a number of ideas, suggested by the authors, to help us along our busy journeys. I certainly have found them useful and I hope you take the time to read them.

1. Embrace your quirks, your mistakes, and the fact that life is a lesson – life is a ride. Things change, people change, but you will always be you, so stay true to yourself and never sacrifice who you are for anyone or anything.

   You have to dare to be yourself, in this moment, however frightening or strange that self may prove to be. It’s about realising that even on your weakest days you become a little bit stronger, if you’re willing to learn. Which is why, sometimes the greatest thing to come out of all your trouble and hard work isn’t what you get, but who you become.

2. Nurture your self-worth – Sometimes the hardest part of the journey is simply believing you’re worthy of the trip. And you are! You are worth it. Tattoo that right onto your brain... Seriously! The world starts to respond when you believe that about yourself. It doesn’t always look like you thought it would, but positive shifts begin to take place when you start to recognise and acknowledge your own self-worth. So watch your thoughts and stop any put-down thoughts dead in their tracks. Remind yourself that once upon a time, in an unguarded, honest moment, you recognised yourself as a worthy friend.

3. Pay less attention to people’s judgments – Most people hasten to judge in a desperate attempt to not be judged themselves. In other words, their judgments are shallow and based on their own insecurities, and thus not worth worrying about. And honestly, no one has the right to judge you anyway. People may have heard your stories, and they may think they know you, but they can’t feel what you are going through; they aren’t living YOUR life. So forget what they think and say about you. Let it GO. Focus on how you feel about yourself, and keep walking the path that feels best under your feet.

4. Do everything with a touch of kindness. – Three things in human life are important: the first is to be kind; the second is to be kind; and the third is, you guessed it, to be kind. Whatever can be done, can be done more effectively when you add kindness. Whatever words are spoken, will always be more compelling when expressed with kindness. The kind deeds you exert in just one moment can have a positive impact that lasts a lifetime. Your days will be brighter and your years fuller when you add kindness to your purpose. Choose to be kind every day, and you’re truly choosing to live in a world with less stress and more happiness.
Principal’s Desk (Cont’d)

These steps are really hard things to follow through, but they are ideas that will help us in being the people we truly are, as well as having the interests of those around us at heart. As we head towards Easter and the two week break, we have an opportunity to accomplish great things with a touch of kindness. I am not stating it’s going to be easy, as we will all be challenged in many ways, but let’s give it a go and work towards building a supportive and caring community.

Take care and remember there is only a week to go before the AFL season commences. Go Pies!!!!

Greg Martin

GREG MARTIN
Principal
New Flip Lid Lunchboxes

Open up Flip Lid for sandwich and snack compartments.....Flip it over and open it up again for fruit, drink and more snacks! It’s the easy way to pack and preserve lunches with a wide variety of healthy foods for the whole family. Includes custom drink bottle.

This funky new ‘Flip Lid’ lunchbox can be purchased from the office for $24.95.
St Columba’s travel mugs are on sale at the office for only $10 and would make an excellent Gift!
Helping Hands Corner

All parents are being asked to offer their assistance at the school.
Each hour of help = $1 St Columba’s helping dollar
Start planning now, how you can give your 4 hours this term...

Canteen – add your name to the roster via www.ouronlinecanteen.com.au
Uniform shop – email : Tammi - tammidoyle@westnet.com.au
Helping Hands/Library /Sewing - drop into the library or email : admin@stcolsbays.wa.edu.au to find out when helping hands group meet
P & F sub committees/class reps etc – email P & F President : Jenn Debono : Jennifer.debono@dpaw.wa.gov.au
Pastoral Care –will ask for help when needed. For further information - please email : admin@stcolsbays.wa.edu.au
Sporting help/Options Programs/ etc – to register your interest in assisting - please email : admin@stcolsbays.wa.edu.au

Music News

Performing Arts Festival - Individual Entries

Students in years 4 - 6 who wish to enter the 2015 Performing Arts Festival (solo instrumental/vocal categories) are advised that the closing date for entries is Friday 8th May. This year all entries must be submitted online and this will be completed by Mrs Smith. Please submit your child’s entry details by Friday 24th April to allow time for the process to be completed.

Please note that students should be competent performers who have private tuition on a musical instrument or voice and they must seek their tutor's guidance regarding their performance.

See Mrs Smith for further information.

Mrs Kerry Smith
Music Specialist
Uniform Shop News

Opening hours are Fridays 8.45am to 9.30am.

School Banking News

It’s the start of a new school year and there is no better time to join the school banking program. The reasons why the program is so popular include:

1. A current interest rate of 3.20% (provided at least 1 deposit per month, and no withdrawals are made),
2. Every deposit earns a token and every 10 tokens earns a reward. Last year over 100 rewards were given to students (see picture),
3. Random major prizes. Currently it is a trip for four to Disneyland,
4. Most importantly, banking/saving is a valuable life skill for our children to learn!

For those not already involved:

1. Fill in sections 2, 3 & 4 of the ‘School Banking Application’ attached to the newsletter,
2. Take the application to a CBA branch with a birth certificate or passport of your child and your own drivers licence or passport,
3. Turn up to the canteen area between 8.00am and 8.45am every Tuesday with your deposit.

Please feel free to call the volunteer school banking coordinator, Chris Cornish, on 0409 998 330 should you have any questions.
Instrumental Music Lessons

INSTRUMENTAL MUSIC

There are numerous changes to the instrumental timetable next week to accommodate those involved in the inter school swim carnival. Please note your child’s lesson time below.

Monday 30/3

8:45 Elsa Byrne
9:15 Grace Golding
9:45 Digby Petit
10:15 Oliver Lovering
10:45 Rachel Askey
11:15 Mia Ross
11:40 Tobey Grant
12:10 Clancy Sheardown
12:30 Lucy Byrne
1:30 Christopher Pincus
2:00 Scarlett Mills
2:30 MimiMa

Thursday 2/4

8:50 Jaymie Thompson
9:20 Hannah Doyle
9:50 Ashleigh Pedretti
10:20 Zac Dancewicz
10:50 Caitlin Nguyen
11:20 Felix Francis
11:40 Eleanor Vanderklau
12:10 Eleanor Gotti
12:40 Jasmine Dillon
1:40 Tahlia Cooper

ATTENTION MUSIC ENSEMBLE STUDENTS

Rehearsal next week will be held on THURSDAY at 8:00am in the music room due to a number of musicians being involved in the swimming carnival on Monday.
**Scholastic Bookclub**

Can I please remind all families that the school no longer puts in the orders or accepts any payments (cash, cheque or credit card!). ALL ORDERS ARE NOW MADE AND PAID FOR ON-LINE BY THE FAMILY.

All you need to do is go to [www.scholastic.com.au/LOOP](http://www.scholastic.com.au/LOOP) or you can download the app.

If you have any queries, please don't hesitate to contact me.

Leesa Vinciullo  
Bookclub Co-ordinator  
[vinciullo.leesa@cathednet.wa.edu.au](mailto:vinciullo.leesa@cathednet.wa.edu.au)

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**Out of School Hours Care (OSHC)**

Please direct all enquiries relating to OSHC to our OSHC Supervisor - Rebecca Shaw on **9208 2723** or email [oshc@stcolsbays.wa.edu.au](mailto:oshc@stcolsbays.wa.edu.au)

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**Canteen News**


Please note that parents are able to add their name to the roster via the above website. The roster will not be co-ordinated by School Administration Staff.

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**COLUMBA RUNNERS IS COMING!**
Here’s more from Michael Grose for families in our community with younger children

PRAISE Vs ENCOURAGEMENT: is there a difference?

In the last few decades parents in many parts of the world have enthusiastically followed the positive parenting path constantly showering children with praise. But for some giving praise for a job well done has become like a nervous tic.

“You finished your meal. What a guy!”

“That’s the best work I’ve ever seen!”

“You are such a clever little swimming girl.”

“You used the toilet. Let’s ring grandma and tell her what a clever girl you are!”

Most parents are well aware of the notion of praise but are we going too far? Parents and teachers can praise children so much that it becomes a little like water off a duck’s back and so lack any real meaning.

Children gain their self-esteem from the messages that they receive and through their interactions with the world. The main developmental tasks for under tens is to work out what they can do and how they fit into the world. Am I a chump or champ? is a question that concerns many children.

Praise has been promoted as the predominant parental tool to boost children’s self esteem. But like any tool it can be over-used so that it becomes ineffective.

Too much praise can be demotivating. If a child is told everything he does is FANTASTIC then how will he ever really know when he has done something that really is fantastic. Sometimes mediocrity needs to be recognised for what it is — mediocre — rather than boosted to another level.

Alternatively, the more we praise some kids the more they expect it. And they soon become addicted to praise. If they don’t get a regular fix of praise they wonder what’s wrong.

Encouragement V’s Praise

Encouragement is a far more powerful esteem-building tool than praise and it doesn’t have the adverse side effects. The differences are slim but important. Encouragement focuses on the process of what a child does whereas praise focuses on the end result. Encouraging comments focus on effort, improvement, involvement, enjoyment, contribution or displays confidence whereas praise concerns itself with good results. An encouraging parent gives children feedback about their performance but they ensure the feedback is realistic and they work from positives rather than negatives.

An encouraging parent will note a child’s efforts in toilet-training and recognise that mistakes are part of the learning process so they are not too fussed about the results. Praise however is saved for a clean nappy and a full potty. Encouragement recognises that a child is participating and enjoying a game while praise focuses on winning or a fine performance. Okay, the differences are academic and it may seem like splitting hairs but the results on the potty, in a game or even at the kitchen table should concern children more than they do adults.

As soon as we become more concerned about results than children we move into areas of children’s concern and out of areas of our concern. In short, praise is about control and encouragement is about influence.
How to encourage kids

Encouragement is a skill that can be learned. For it to be effective it needs to be applied consistently. Encouragement and positive expectations go hand-in-hand. Encouraging parents expect to kids to succeed, not necessarily straight-away, and not necessarily with ease. Encouraging parents recognise that kids will be anxious at times but they have faith in their ability to cope. They also value kids as they are, not for who they are going to be.

Here are four ways to encourage kids:

1. Practise empathy & show faith in them: Parents need to recognise kids’ genuine anxieties and fears but also demonstrate faith in their ability to cope. When parents give kids real responsibilities ranging from handing in a note at school to being home on time as a teenager they are indicating they have in their ability to handle responsibility, self-regulate and be independent. If parents discover their faith is not warranted then they need to renegotiate the guidelines with their kids.

2. Recognise effort & improvement: It’s easy to recognise jobs well done or completed tasks such as winning a contest, earning a badge at school or making a bed really well. How about kids who struggle? Focus your comments on effort and improvement. Help them set realistic goals in line with their capabilities and interests. Learning five new spelling words a week may be more realistic than 20 words that his school may require.

3. Focus on strengths & assets: Fault-finding can become an obsession for parents, particularly when they have teenagers. Sometimes kids can have strong traits, which at first seem like liabilities. Kids who are determined to have their own way may seem rebellious and stubborn. They can be labeled difficult kids. But these qualities and behaviours have a positive side. Dogged determination to succeed is a valuable asset in any field of Endeavour and is usually applauded. Rather than criticize, step back and recognise the value of these characteristics. Similarly, focus on the interests and abilities that children possess in all areas rather than what they can’t do. If music is their forte rather than academic success don’t spend all your time pointing out the liability. Celebrate the strength instead. Often when we focus on kids strengths, assets and abilities in certain areas they improve in other areas as well. Confidence has a snowball effect impacting on all areas of life.

4. Accept of mistakes and errors: We live in a society that celebrates success and achievement. Perfect marks, immediate results and getting things right seemed to be highly valued. We forget at times that mistakes are part of the learning process, just ask any golfer. We tolerate errors in adults, but often we don’t in children. View errors as valuable learning experiences, rather than something to be avoided. Low risk-takers and perfectionists will often do anything to avoid making mistakes. Your ability to accept their well-meaning efforts in any area of endeavour, irrespective of the results, will go a long way toward determining their attitude to mistakes.

All this is not to suggest that we don’t praise or recognise fine performances in any area of life. We just need to practise some restraint. Just as a child who gorges himself on lollies will soon lose interest in something that was once a treat, a child who is praised for every little deed will eventually need a veritable phrase book of positives to motivate him or her.

For more ideas to help you raise confident kids and resilient young people subscribe to Happy Kids, my FREE weekly online parenting guide. You’ll get a special Kids’ Chores & Responsibilities Guide when you do. Subscribe to Happy Kids at www.parentingideas.com.au

Jennifer Maughan
School Social Worker

Tuesdays, Wednesdays & Thursdays 9208 2704
St Columba’s Catholic Primary School
32 Roberts Road Bayswater WA 6053
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.

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Happy Birthday!

James Wright
3G
Chelsea Rochford
Year 6
Gabrielle Mazurak
Kindy White
Kassandra Flexman
Kindy Green
Lily Chudzik
1W
Ella Mutsaers
1G
Matilda Cooper
3G
Emily Savage
Year 5
Zarlia B-Cliffe
PPW
Isaac Brown
3G

Kindy Green
Week 7 Daphne Wishart
Week 8 Sithma Ratnasekara
Kindy White
Week 7 Ava Fragomeni
Week 8 Liam Jarvis
PP Green
Week 7 Michael Wells
Week 8 Amethyst Francis
PP White
Week 7 Rory Shanahan
Week 8 Nada Raschella
Year 1 Green
Week 7 Ella Wiinschi
Week 8 James Savage

Week 7
(20/3/15)
Year 1 White
Week 7 Saskia O’Neil
Week 8 Parker Yeoh
AND
Year 2 Green
Week 7 Alyssa Giacci
Week 8 Lucas Bonnett
Week 8
(27/3/15)
Year 2 White
Week 7 Jude Panizza
Week 8 Sophie Figueiredo
Year 3 Green
Week 7 Jayde Carmichael
Week 8 Ryan Golding
Year 3 White
Week 7 Riley Longson
Week 8 Ela Kowalczyk
Year 4
Week 7 Jordenn Pollock
Week 8 Benjamin Goodlich
Year 5
Week 7 Teagan Middleton
Week 8 Oliver Lovering
Year 6
Week 7 Benjamin Shah
Week 8 Daniella Torres
Aranmore Catholic College

Would you like to hear more about our college and our Application process?

Then come along to our Prospective Student Information Evening, on Thursday 30th April at 5.30 – 6.30pm at the College. Parents and students are most welcome to attend. To register your interest please contact our Community Relations Officer, Mrs Paula Trevor on 9444 9355.

Aranmore Catholic College, 41 Franklin Street, Leederville, WA.  wwwaranmore.wa.edu.au

Tickets for the above movie fundraiser can be purchased through Mrs Gillians in Year 3 White.
GuitarWorks is holding “Free School Holiday Guitar Workshops” for anyone interested in learning guitar. These 1½ hour demonstrations cover all aspects of guitar playing and styles.

Bookings essential, for more info contact Stefan Cutri

guitarworks@iinet.net.au Mob: 041 444 8907

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Classifieds

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

CITY OF BAYSWATER
The Garden City – Quality Lifestyle

Cr Stephanie Coates
West Ward
Mob: 0412 252 221
Email: stephanie.coates@bayswater.wa.gov.au
www.facebook.com/crstephcoates
www.stephcoates.com.au

Civic Centre
61 Broun Avenue, Morley Western Australia 6062
Telephone: (08) 9272 0622  Facsimile: (08) 9272 0665
Postal Address: PO Box 467 Morley WA 6043

your local agent matt anderson
lives in bayswater, loves bayswater & sells in bayswater

please call for a free market appraisal
matt anderson
mob. 0431 202 226
office: 9371 1000
manderson@elderswetheral.com.au
www.elderswetheral.com.au

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Year 7 2016

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MEMBER FOR MAYLANDS

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