Dear Parents, Caregivers & Students,

Holy Easter Liturgy:
All parents are invited to the whole school Holy Easter Liturgy, which will be held in the Church today, Thursday 2nd April, commencing at 2.00pm. I hope to see you all there.

From the Principal’s Desk

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(Cont’d Page 2)

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.
Stations of the Cross:
Last Friday evening, the students presented the ‘Stations of the Cross’ to the community. It was a moving experience for all members present and the presentation highlighted the importance of ‘Carrying the Cross’, as our Saviour did over two thousand years ago. Congratulations to all the students who took part, including the choir and other helpers. A huge thank you to Mrs Dwyer, for coordinating the event, Mrs Smith, for the wonderful music and Mrs Desmond and Mrs Cuthbert for assisting during the day and evening.

Harmony Week:
Australia is one of the world’s most multicultural nations and is made up of many indigenous, immigrant and refugee cultures. For the past 200 years, immigrants have helped change and shape our national identity by sharing their rich cultural experiences, histories and traditions.

We recognise that Aboriginal peoples are the First Australians and that the Western Australian population is drawn from diverse cultural and linguistic backgrounds. Western Australia is the nation’s most culturally diverse State with more than a quarter of its population born overseas. People of more than 200 different nationalities live and work in WA, speak 170 languages and practice over 100 religious faiths. In fact, one in every two Western Australians has a strong connection with another country and culture.

People from diverse backgrounds have made and continue to make significant contributions both to the economic development of Australia and to shaping the political, social, religious, sporting and cultural life of our States. I can only speak from personal experience with my parents, who migrated from Europe in the 1960’s, help create this great nation of ours.

Multiculturalism has helped us to develop a dynamic, colourful and vibrant society. Examples of the above are the wonderful cultures coming together in a magnificent community such as St Columba’s School. Cultural diversity is one of our most valuable assets, enriching our social fabric and bringing with it a variety of cultural and economic benefits. During Harmony Week last week, the celebration provided an opportunity for all students with the school to embrace our diversity and the many benefits our wonderful people have brought to our society.

Uniforms at the Start of Term 2:
The children have a two week period where, depending on the weather, can either wear their winter or summer uniform. However, as from Week 3 all children will be required to wear their full winter uniform. Please check that you have all uniform requirements, otherwise please visit our lovely ladies in the uniform shop.
Interschool Swimming Carnival:
Congratulations to all the students who represented the school at the recent interschool swimming carnival. It was a wonderful experience for all the students who took part on the day. There is one particular race I will remember forever and I don’t think I have ever been so excited. It was the Year 4 Girls relay race with our girls being approximately a couple of lengths short of a half a lap behind the leader in the last leg.

Our last swimmer, Aimee Bullier dived into the pool, she powered herself through the water and slowly started gaining momentum, with the distance between first and second slowly decreasing. About half way down, Aimee had closed the gap, but it seemed she was still too far behind to catch the opponent. As she swam three quarters of the way down, Aimee had gained considerable distance on the swimmer coming first. She was only about a length and half behind. I thought to myself that she was still too far behind – but I was wrong! Aimee powered her way through the last 15 meters and won! What an unbelievable spectacle!

A huge thank you to Mrs McCluskey for coordinating the school’s team and to all the parents involved in training the swimmers and assisting on the day.

Anzac Day:
On Friday 24th April, St Columba’s will be commemorating the Anzac Centenary. Our ceremony will commence at 11am on the school basketball courts. All parents are welcome to attend. If anyone would like to bring along a wreath to lay, to remember a family member, please notify the office by Wednesday 21st April.

Wishing you all a safe and restful Easter and two week Break and let the AFL begin!

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!
BOGAN BINGO

Bogan Bingo is booked for 7th August at Morley Recreation Centre.

The P & F are looking for expressions of interest for those wishing to joining the bingo committee.

For more information on what jobs need co-ordinating please contact Steven Vinciullo at slvin@iinet.net.au

On behalf of the P&F Committee we would like to wish all families a very Happy Easter.

Stay safe, enjoy the treats and we look forward to seeing you all in Term 2.

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
P & F News (Cont’d)

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Choose from the traditional Entertainment™ Book Membership that comes with the Gold Card and vouchers, or the new Entertainment™ Digital Membership that puts the value of the Entertainment™ Book into your iPhone or Android smartphone! Whichever Membership you choose, $13 of your $65 purchase will go towards our fundraising and you receive over $20,000 worth of valuable offers valid through to 1 June 2016! Both the Book and the digital membership will be launched mid-May.

Featuring popular new and existing family businesses such as:

ST COLUMBA’S CATHOLIC PRIMARY SCHOOL - BAYSWATER

TO PRE-ORDER ONLINE GO TO:
www.entbook.com.au/83589g

Uniform Shop News

Opening hours are Fridays 8.45am to 9.30am.
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 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

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

COLUMBA RUNNERS IS COMING!

Columba Runners Season 2015’s first session is on Monday 20th April – Yes we are hitting the ground running in Term 2!!!!

We are inviting all runners to clock some kilometres early as well as honouring our ANZACS for the 100 year anniversary!!!! This event is on Sunday 19th April. Register online at www.bankwest.com.au/GallipoliRun

Also join our Facebook page – Columba Runners for all the latest news, registration and up and coming runs to earn you extra kilometres!!!
Here’s more from Michael Grose for families in our community with younger children

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. It’s an absolute essential for good modern parenting!!!!

*Jennifer Maughan*

*School Social Worker*

*Tuesdays, Wednesdays & Thursdays  9208 2704*

*St Columba’s Catholic Primary School*

*32 Roberts Road Bayswater WA 6053*
Happy Birthday!

To all Staff & Students who are having birthdays over the April school holidays.

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.
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
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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$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.

I love my job as a Licensed Real Estate Agent

Kind Regards,
Dianne Sobejko

Do you have a Will?
Preparation of your Last Will and Testament: Contact Dan Bull

Dan Bull
Lawyer
0423 692 827
dan@danbulllegal.com.au

Ben Silverman  Property Consultant

m: 0487 727 054
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f: 08 9279 9358
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ENJO
CLEAN THE WORLD

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Enrolments for Year 7 2017 are now being accepted.
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