Congratulations

As mentioned in the Week 7 newsletter, St Columba’s students Jett O’Rourke, Josh Strohmeier, Jaymie Thompson and Hannah Doyle competed in the Little Athletics State Championships. They all did very well, each qualifying for at least one final each.

Josh competed in Long Jump and Javelin. He made the final for Javelin where he placed 7th.

Jaymie competed in the 800m and 400m. She made the final for the 800m where she placed 5th.

Hannah competed in the 800m and the 1100m Walk. She placed second in the walk and received a Silver Medal.

Jett had an outstanding meet where he competed in High Jump, Long Jump and Triple Jump. He made all three finals, placing 4th in High Jump, 2nd in Long Jump (Silver Medal) and 1st in Triple Jump (Gold medal).

We are very proud of them all.

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.
COLUMBA RUNNERS ARE GO!!!!
START DATE MONDAY 2ND MAY

Soul-food for Parents: Upcoming short courses from the Centre for Faith Enrichment include: Grace-filled Parenting (Thursday mornings, Doubleview); Dive Deeper: Exploring Faith (Wednesday lunchtime, online); Exploring the Mass (Wednesday nights, Como) – and many more! To see the full range of what’s on offer, visit www.cfe.org.au ALL are welcome (you don’t have to be Catholic!), there are no exams or assignments, and courses are presented in a relaxed and friendly environment.
Here’s more from Michael Grose for families in our community with younger children

www.parentingideas.com

“What is bullying? Do we mix it up with teasing and other forms of mean behaviour?”

It’s an important topic that needs clarification.

Bullying is a term that’s wrapped in emotion. For many people it’s associated with bad childhood memories. It’s been estimated that around 40 per cent of people have experienced bullying in the past. It’s something that we don’t want to happen to our kids.

But I fear it’s being overused at the moment and can be confused with teasing.

Teasing refers to annoying, hurtful behaviour that is used to get a reaction from someone else. Teasing can be persistent in nature, but not always. It’s generally an attempt to get under a person’s skin. It can involve name-calling; it can be personal and hurtful in nature. It can also infringe on another person’s rights. But generally teasing doesn’t have the key ingredients that make up bullying.

Bullying is the selective, uninvited, repetitive oppression of one person or group by another. It involves three elements – intent to hurt or harm; power imbalance; and repetition over time. It takes many forms and guises including physical aggression; verbal abuse; emotional aggression (or blackmail); intimidation; harassment and exclusion.

The new cyber-dimension to bullying has moved the goalpost for many kids. In the past children and young people could escape bullying behaviours by being at home. Cyber-bullying means that children can’t escape bullies like they once could.

Why the distinction?

I hear the term bullying misused a great deal in the media and when talking with parents. We run the risk of “The Boy Who Cried Wolf” Syndrome where we become so desensitised to the term that we (or teachers) ignore it when children really are the victims of bullying. We also run the risk of failing to skill our kids up to manage rudeness and teasing if we categorise every awful behaviour that kids experience as bullying.

(Cont’d Pg 4)
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Our ability to be discerning about bullying is as important as the action we take when we are sure that our child is on the receiving end of bullying behaviour. These actions include: dealing with feelings; providing emotional coping skills, getting others involved; building up a child’s support networks; and building self-confidence that can take a battering.

Bullying needs to be taken seriously. But we also need to be discerning about bullying behaviours.

**Skill your kids up to manage teasing and bullying behaviours in my next online course....**

It’s not too late, you can register today for Parenting Ideas’ innovative, life-changing online course, **Cracking the Confidence Code**.

---

**Jennifer Maughan**

*Social Worker*

*St Columba’s School Bayswater*

*Tues, Wed & Thursdays*

*P. 9208 2704*
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

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>
</tr>
</thead>
<tbody>
<tr>
<td>9</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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<tr>
<td>10</td>
<td>Monday</td>
<td>4/4/16</td>
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<td></td>
<td>Wednesday</td>
<td>6/4/16</td>
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<tr>
<td></td>
<td>Friday</td>
<td>8/4/16</td>
<td></td>
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</tbody>
</table>

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

Clyde Peters  
KW

Ola Jayamaha  
Year 6

Bianca Magill  
2W

Jordan Omerovic  
Year 6

Josh Strohmeier  
Year 6

Luca Lee  
2W

Grace Thoms  
PPG

Olivia Cullura  
KG

Yannick Zdravic  
4W

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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.

<table>
<thead>
<tr>
<th>Class</th>
<th>Week 9 Raffles</th>
<th>Week 10 Raffles</th>
</tr>
</thead>
<tbody>
<tr>
<td>Kindy Green</td>
<td>Week 9 Amelia Dorozenko</td>
<td>Week 10 Lila Harris &amp; Lillian Matthew</td>
</tr>
<tr>
<td></td>
<td>Week 9 Christian Lestino</td>
<td>Week 10 Annabel Inglis &amp; Leo Pileggi</td>
</tr>
<tr>
<td>Kindy White</td>
<td>Week 9 Lorys Mushayija</td>
<td>Week 10 Rhylan O'Shea</td>
</tr>
<tr>
<td>PP Green</td>
<td>Week 9 Aoife Rattray</td>
<td>Week 10 Amelie Trinder</td>
</tr>
<tr>
<td>PP White</td>
<td>Week 9 Miel Fuentes</td>
<td>Week 10 Noah Smith</td>
</tr>
<tr>
<td>Year 1 Green</td>
<td>Week 9 Dante Felt</td>
<td>Week 10 Andra Fragomeni</td>
</tr>
<tr>
<td>Year 1 White</td>
<td>Week 9 Ella Wienschl</td>
<td>Week 10 Jamie Harris</td>
</tr>
<tr>
<td>And</td>
<td>Week 9 Katarina Tomich</td>
<td>Week 10 Olivia Pincus</td>
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<tr>
<td>Year 2 Green</td>
<td>Week 9 Lola Carter</td>
<td>Week 10 Bayla Ahuja</td>
</tr>
<tr>
<td>Year 2 White</td>
<td>Week 9 Emily Castellano</td>
<td>Week 10 Jasmine Mann</td>
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<tr>
<td>Year 3 Green</td>
<td>Week 9 Isabella Farina</td>
<td>Week 10 Amy Dancewicz</td>
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<tr>
<td>Year 3 White</td>
<td>Week 9 Yannick Zdravic</td>
<td>Week 10 Amelia Vinciullo</td>
</tr>
<tr>
<td>Year 4 Green</td>
<td>Week 9 Ava Pinna</td>
<td>Week 10 Jordenn Pollock</td>
</tr>
<tr>
<td>Year 4 White</td>
<td>Week 9 Oliver Lovering</td>
<td>Week 10 Saxon Harbrow</td>
</tr>
</tbody>
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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 Sobieko

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Telephone: (08) 9272 0622 Facsimile: (08) 9272 0665
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To book your tour contact 9274 6266

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SUN & P. HOL......... 10am-10pm

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(fax) 9272 4291

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Page 9  Newsletter  Term 1, Issue 9