FOUR STRATEGIES FOR STRESS RELIEF

1. AVOID. A lot of needless stress can simply be avoided. Plan ahead and rearrange your environment. If traffic stresses you, leave earlier for work and travel by a less popular route. Avoid engaging with people who drive you crazy. Learn how to say no and seek help if you feel over-loaded.

2. ALTER. Try thinking about alternatives to what is causing you stress. If it is someone else’s behaviour, ask them to change. And be prepared to do the same. Find ways to share your work. Learn better time management skills and organise your day and week.

3. ACCEPT. Not all stress can be avoided or altered and all you can do is accept this is the way things are. Find ways to let off steam. Talk to a friend. Take up running or swimming or yoga or some other kind of exercise to work off some of the stress. Treat yourself. If your feelings are building up, try to let them go and accept there are things you can do nothing about so you don’t have to beat yourself up.

4. ADAPT. Feeling you can’t cope is one of the biggest causes of stress. Adapting by changing your standards or expectations can help reduce the stress you are suffering. Redefine success and perfection and go easy on yourself and others. Ask yourself how much this really matters and what difference it will make next week or next year. Find opportunities for laughter, even if you have to force it as laughing fires up and then cools down your stress response and helps you feel relaxed.

Good advice:

“Remember to laugh every day and do something fun. Spend time...”

From the Principal’s Desk

Dear Parents and Students

FOUR STRATEGIES FOR STRESS RELIEF

1. AVOID. A lot of needless stress can simply be avoided. Plan ahead and rearrange your environment. If traffic stresses you, leave earlier for work and travel by a less popular route. Avoid engaging with people who drive you crazy. Learn how to say no and seek help if you feel over-loaded.

2. ALTER. Try thinking about alternatives to what is causing you stress. If it is someone else’s behaviour, ask them to change. And be prepared to do the same. Find ways to share your work. Learn better time management skills and organise your day and week.

3. ACCEPT. Not all stress can be avoided or altered and all you can do is accept this is the way things are. Find ways to let off steam. Talk to a friend. Take up running or swimming or yoga or some other kind of exercise to work off some of the stress. Treat yourself. If your feelings are building up, try to let them go and accept there are things you can do nothing about so you don’t have to beat yourself up.

4. ADAPT. Feeling you can’t cope is one of the biggest causes of stress. Adapting by changing your standards or expectations can help reduce the stress you are suffering. Redefine success and perfection and go easy on yourself and others. Ask yourself how much this really matters and what difference it will make next week or next year. Find opportunities for laughter, even if you have to force it as laughing fires up and then cools down your stress response and helps you feel relaxed.

Good advice:

“Remember to laugh every day and do something fun. Spend time...”
From the Principal’s Desk (continued)

outdoors. Move every day and find an activity you love to do. Discover new hobbies. Be mindful of the moment, focus on your breath and take three deep breaths if you start to feel anxious. Practise compassion for another person. Journal your thoughts and feelings. Play. Make art. Unplug – turn off the TV, computer and cellphone. Develop a healthy social life – support systems are vital in handling stress.

Acknowledgement: Mayo Clinic; Julie Proctor, Oakland University.

Greg Martin
GREG MARTIN
Principal

Pastoral Care Easter competition

Pastoral Care is running an Easter Competition again this year. Pastoral Care in Catholic Schools means enhancing the dignity of each person within our Catholic faith community. It is concerned with maximizing learning and growth and developing the beliefs, values, attitudes, knowledge, skills and practices to enable all to become inner-directed, contributing members of God’s creation. The Pastoral Care group at St Columba’s School ministers to the students, the teachers, the families and the parish community.

The purpose of this competition is to create an awareness of the Pastoral Care Group for the whole school community. There is no cost for this competition.

PreKindy – Year 2 – Paper Plate creation.

Students from PreK to Year 2 are invited to create something from a paper plate (supplied by Pastoral Care) with an Easter theme. Ideas include: a mask, a rabbit, a scene etc. The creations can be 2D or 3D.

Year 3 – Year 6 – Decorated Egg creation.

Students from Year 3 to Year 6 are invited to decorate a boiled egg (supplied by their parents) with an Easter theme.

All entries are to be given to the class teacher. Fr Minh-Thuy will judge the competition on or after Friday 30th March, 2012.

Sport & Recreation Committee news

Interschool Swimming Squad

Last week, students who have been selected for the interschool swimming squad were advised by letter of their inclusion and the training session times in the lead-up to the Interschool Swimming Carnival, to be held on Monday, 2 April.

Wind-up: After the last Wednesday training session, 28 March, there will be a wind-up held at Bayswater Waves. More details will be supplied at a later date.

See you in the pool!
Uniform Shop News

Several parents have had difficulty coming to the uniform shop on a Tuesday to collect their hats which were ordered last year (on the summer order day).

These hats have now been given to the office and you can collect yours there. Please note these are not for the people who may have ordered a hat on the recent winter order day. Your hats will be arriving shortly.

Should you have any questions please contact Uniform Shop Coordinator, Pauline Moran (year 4 & year 1) on 0412 712 128. Thank you.

Canteen News

Would families please ensure that your account is kept in credit.

We are trying to complete the Canteen Roster for the year.

Please help where you can.

Thank you.

SHERYL MILONAS

Week 6-7 Roster

Fri. 9 Mar. Deidre Lightfoot Help needed
Mon. 12 Mar. Tabone family Tracy Ren
Wed. 14 Mar. Byatt family Penny Pettit
Fri. 16 Mar. Durack family Help required

Please note the special St. Patrick’s Day menu attached! Be sure to place orders by next Wednesday!

Parish Cleaning Coordinator

We are looking for a Parish Cleaning Coordinator for 2012.

Jill Brazil has completed a wonderful job over the last two years and is now ready to hand over the reins to the next person. Jill has indicated she is happy to pass on her templates and explain the process undertaken over the last two years.

If you would like to support the school and parish and are interested in taking on the role in 2012, please contact Sheryl Milonas on 9271 7181 or email at admin@stcolsbays.wa.edu.au. Your support in taking on this role is greatly appreciated.

I take this opportunity to sincerely thank Jill for her efforts and hard work over the last two years. We greatly appreciate her commitment to both the parish and the school.
Parents & Friends Committee News

Join us for a night under the stars!

Willy Wonka and the Chocolate Factory
Saturday, 24 March on the St. Columba’s oval
Gates open 6pm
Movie starts 7pm
Tickets $8 each
Sausage sizzle $2 each
The Canteen will be open for movie treats!

REMINDER: We desperately need somebody to take on the role of Roster Coordinator!

Tuesday is School Banking day and students should remember to bring in their weekly deposit.

This week’s School Banking tip:
Encourage your child to visualise their savings goal. Ask them to draw a picture or write a story about what they are saving for to get them excited about saving each week.

Pastoral Care Raffle

The Term 4 Roster is up on the classroom door for you to check when your child/children are due to donate the prize for their class. Kindy to year 4 provide a small gift (e.g. book, puzzle, textas etc.) to the value of $5. Year 5 and Year 6 provide a cake. Please remember the nut-free policy when sending in baked goods. Tickets are 20c each, with a maximum of 3 tickets. Thankyou!

Week 7
Friday, 16 March

Kindy Green
Sophia Figueiredo
Kindy White
Myles Guazzelli
PP Green
Lily Walsh
PP White
Nelson Brown
Year 1
Sophia Giacci
Year 2
Saxon Harbrow
Year 3
Jasmine Dillon
Year 4
Olivia Pedretti
Year 5
Harrison Morgan
Year 6
Benjamin Dearle

Happy Birthday!

Wishing a very happy birthday this week to:

Roman Hube
(Kindy White)
Cole Trinder
(PP White)
Carter Robertson
(PP Green)
Dante Quintal
(Year 2)
Luke Brindal
(Year 3)
Charysse Pollock
(Year 4)
Lucinda Sheardown
(Year 5)
ACADEMIC SCHOLARSHIPS YEAR 7 2013 - Closing 31 March 2012

La Salle College invites applications for Years 7 2013 Academic Scholarships. The scholarship offers successful applicants full tuition through to Year 10. The examination will take place at La Salle College on Saturday, 31 March 2012. Closing date for registration is 20 March. No late applications will be accepted. The Scholarship Selection Test is run by the Australian Council for Educational Research (ACER) and incurs a fee. To register, visit the College website www.lasalle.wa.edu.au and view Scholarships under Parent Resources. For further information, please contact Ms Angela Johnson, Learning Area Coordinator for Learning Support on 9274 6266.

ABORIGINAL SCHOLARSHIPS YEAR 7 2013 – Closing 27 April 2012

As a commitment to working with Aboriginal people to enhance life choices and help further the career opportunities for Aboriginal youth, La Salle College offers Aboriginal Scholarships each year. This scholarship entitles the recipients with full/partial tuition.

Applications close 27 April 2012. An application form can be downloaded from the College website www.lasalle.wa.edu.au by viewing Scholarships under Parent Resources.

ENROLMENTS YEAR 7 2014

La Salle College is now accepting enrolments for Year 7 2014. For a prospectus and enrolment form please contact College Reception on 9274 6266 or email lasalle@lasalle.wa.edu.au

OPEN DAY
Monday 2 April 2012
Tour Times: 9.30am, 11.30am and 1-40pm

View our extensive facilities
Contact the College to register your preferred tour times by emailing events@lasalle.wa.edu.au or calling 9274 6266

Lisa Baker MLA
MEMBER FOR MAYLANDS
(08) 9370 3550
(fax) 9272 4291

Aranmore Catholic College
Open Morning

Every child has unique gifts.
Find out how our staff and students can help your child discover theirs:
Tuesday 20 March 2012, 9am – 11am
Register at www.aranmore.wa.edu.au before 14 March and be in the draw to win one of three $100 gift vouchers
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.

Sarah Klass
independent stampin' up! demonstrator
stamping • scrapbooking
workshops • classes
product sales
business opportunity

Phone: 0411 717 213
Email: sarah@sarahklass.com
Web: www.sarahklass.com