Dear Parents and Students

Junk In - Junk Out

Can you imagine being 16 but your brain acting as though you are 70 years old? That's what some foods can do to you. A Christchurch teenager did an experiment to find out the effect of food on his school work. For two days he ate only junk foods – Coco Pops, lollies and Coca Cola for breakfast, cake and pies for lunch, sugary drinks and sweets for dinner. Then he did tests in reading, maths and typing. He repeated the tests after two days eating chicken, salad, rice and bread.

The results showed a huge difference. When he was eating junk food, he read 43% slower, typed 50% slower and was 35% slower solving maths problems than when he was eating healthy food. His mother noted that during the two days on junk food, he was irritable, sluggish and miserable. He brightened up when he started eating healthy food again and improved his results.

Similar effects were recorded by a New York film director who, for a month, ate three meals a day of McDonald hamburgers. He put on 1.2 kilos, his cholesterol level shot up and his liver started to malfunction. He suffered from headaches and bad moods.

Researchers in England found that teenagers who had a chocolate bar and a sugary drink like Coke for breakfast slowed down their mental reactions to the same level as if they were 70 years old.

From the Principal’s Desk

St. Columba’s School Core Values based on the values of the Sisters of Mercy, our founders.

MERCY       JUSTICE       SERVICE       COMPASSION       EXCELLENCE

MERCY VALUE FOR 2011 IS MERCY

At St. Columba’s Primary we believe that Mercy is a core value that encourages children to walk together in a spirit of reconciliation and forgiveness.

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@stolumbasbayswater.org.au

Parish Mass Times
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: Wed. 2 Feb.—Fri. 15 Apr.
School Times: 8.30 a.m.—3.00 p.m.
Recess: 10.30 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
From the Principal’s Desk (continued)

person aged 70. Girls who skipped breakfast did less well at school and put on more weight than girls who had a breakfast that included porridge or wholemeal bread, fruit and a glass of milk.

When you consider a can of Coke contains 10 teaspoons full of sugar and combined with a chocolate bar injects more caffeine into your system than a cup of coffee, perhaps it’s no wonder that a regular intake of junk food can cause serious damage to your health, your weight, your moods and your school results.

What is a good diet for the brain? Two of the wonder foods are frequent drinks of water and regular servings of fish like salmon and sardines which are high in Omega-3 oils, proven to be beneficial for the brain. If you eat wholemeal foods like bread, porridge and brown rice, at least five servings a day of fruit and vegetables, daily protein from lean meat and chicken, calcium from milk and yoghurt, you will be well set up for a healthy body and a healthy brain.

Principals’ Digests Apr 302, 86 The Strand, Parnell, Auckland All or part of this Digest may be reproduced and used in the school community.

3 WAY INTERVIEWS: The 3 Way Interviews have been scheduled, for Years 2 – 6, on the 6th and 7th April and the venues and times have been uploaded to the school’s website calendar. Interview time sheets are displayed in the canteen area and parents are requested to nominate a time by writing their name in their selected time slot. If you’re unable to meet with the classroom teacher on the scheduled day, please contact the classroom teacher to organise an alternative date and time.

SCHOOL UNIFORMS: I have noticed recently, when on duty and visiting the classrooms, that a number of students are not following the school uniform policy. A number of boys are arriving to school with their shirts out and looking quite ‘scruffy’ in their appearance. The boys, mainly from Years 5 and 6, have been advised of the school’s expectations in regard to the school uniform and their appearance. A number of children, especially the girls in the older grades, are also wearing inappropriate jewelry to school. These girls, and some boys, have also been advised of the school’s expectations. School policies are formulated so there is consistency with every student – all children are special but they’re not the exception to the rules of the school or society. I also need to mention that ‘frilly’ and colourful socks are not permitted to be worn to school.

I have asked the staff to monitor the students’ uniforms and to follow through with inappropriate or incorrect uniform items. I request all parents to support me and the school in ensuring that their children are appropriately dressed and groomed and following the school uniform policy.

PUPIL FREE DAYS: A reminder that 18 and 19 April are pupil free days. Term 1 concludes on Friday, 15 April at 3.00 p.m. Please mark these dates in your diaries.

Greg Martin
GREG MARTIN
Principal
Uniform Shop News

The Uniform Shop will be open every Tuesday between 8.15 – 8.45 a.m.

Refer to the uniform shop section of the school website for uniform order forms. Winter uniform orders have now closed. A notice will be placed in the school newsletter when orders are ready.

We now have size 4 and size 6 sports shorts in stock for those who need them.

As always should you have any questions please contact Uniform Shop Coordinator, Pauline Moran (year 3 & Pre-Primary) on 0412 712 128, or alternatively Simone Dearle (year 5 & 3) on 0409 507 994. Thank you.

---

P&F News

We have a fun year planned!

Please put the following dates in your calendar:

Picnic in the Park: 10th April 4pm onwards @ Macauley Park in Inglewood.
BYO everything for a casual afternoon to socialise with both old and new friends.

Disco: Friday 10th June (a night for the children!)

Casino Night: Friday 17th June (a night for the adults!)

Quiz Night: 2nd September (a night to remember!)

---

Uniform Shop Hours

Tuesday, 29 March 2011
8.15—8.45 a.m.

Year 6 Camp

Parents are reminded to please make payment by the end of Term on 15 April 2011.

School Banking

Remember to encourage your child to continue making deposits each Tuesday morning. Sound financial habits established now will hold them in good stead for their future.

If any parents wish to open an account for their children, please see me in the canteen on Tuesday mornings before school.

Marcia Mackenzie
School Banking Coordinator
0439 827 434
Lucky Jars collection

Autumn River Festival Update

It’s great to see that the “Lucky Jars” have been coming in and many classrooms have their boxes brimming with jars. If you would like to donate a jar filled with an item to the value of $5, we are still seeking more and your contributions are greatly appreciated. You have until 25 March to do so. We are also seeking volunteers to help run the “Lucky Jar” stall at this year’s Autumn River Festival on Sunday 3 April. A roster has been placed in the canteen area where there are half-hour time slots to be filled. Again, your help is greatly appreciated in raising much-needed funds for our school in 2011. Please contact Amanda McLaughlin on 0417 454 842 if you require further information.

Head Lice is an ongoing problem in our school. Please ensure you check your child’s hair regularly for lice and treat accordingly.

“Hit them for 6” is an effective treatment available from your local chemist. And if you have any great home remedies— for PREVENTION, or cure, please email them to marknpen@bigpond.net.au and they will be printed in next week’s newsletter.
Canteen News

Families are reminded to please keep your account in credit.

As Easter is fast approaching, I am preparing our Annual Easter Raffle. Donations of eggs or baskets would be greatly appreciated.

SHERYL MILonas

As Easter is fast approaching, I am preparing our Annual Easter Raffle. Donations of eggs or baskets would be greatly appreciated.

Parish Cleaning Roster

VOLUNTEERS URGENTLY REQUIRED!

Volunteers are urgently required to assist with the Parish Hall Cleaning. The hall is used by all our children, so please support the Saint Columba’s community and volunteer your time. By contributing 1-2 hours twice a year you can do your bit for the school!

Thank you so much to everyone who has volunteered their time this year and in the past.

The parish hall cleaning takes about 1.5 hours or less if you have 2 people working together. The hall can be cleaned after school on Friday or on Saturday before 4pm. Please contact Jill Brazil on 0411 592 234 or jbrazil@iinet.net.au for further information.

The key to the parish hall is located at the school office and can be picked up on Friday afternoon. Once you have finished cleaning, please remember to lock the hall and return the key to the office on Monday morning.

Thank you to those who have volunteered their time. If the date allocated does not suit, please call another team to arrange a date swap.

JILL BRAZIL

Pastoral Care

The Term 1 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 9
Friday, 1 April
Kindy White Carter Robertson
Kindy Green Gabriella De Nuccio
Pre-Primary Emilee Maiden
Year 1 Charlotte McGee
Year 2 Alice Baker
Year 3 Weston Marney
Year 4 Lachlan Higgins
Year 5 Benjamin Dearle
Year 6 Sophia Carbone

Happy Birthday!

Wishing a very happy birthday this week to:

Oliver McLaughlin (Pre-Kindy)
Gabriel Durack (Pre-Kindy)
Isaac Brown (Kindy Green)
Koby Harbrow (Kindy Green)
Jett Marney (Year 6)
Year Five Enrichment

The Year 5 enrichment group is studying Energy.

We are looking at renewable versus non-renewable energy. Over the last few weeks we have discovered that there are many electrical appliances that we can use less of and probably do without in our homes. As this weekend is Earth Hour weekend, we encourage families to turn off your lights, TV, electrical games, etc. for one hour.

We hope to promote awareness of our reliance on electricity which is not always a good thing.

The enrichment group suggest that during this hour without electricity, families can play games, have a bbq, have a picnic, etc.

Earth Hour is on Saturday, 26 March at 8.30 p.m.

Thank you.

Brock, Kye, Stellah, Calvin, Ryan, Lauren W. and Audrey

The Premier’s Summer Reading Challenge 2010/2011

The following St. Columba’s students made a special commitment to reading over the summer school holidays and participated in the Premier’s Summer Reading Challenge. Congratulations children!

Hana Vermeer (Yr 2)  
Kathryn Figueiredo (Yr 3)  
Phoebe Mitchell (Yr 3)  
Sienna Clohessy (Yr 5)  
Jessica Vermeer (Yr 5)
Where does your child feel confident?

When I was teaching I used to love going on school camps.
A change of environment was as good as a holiday, or so the saying goes.
One of the things I loved about camp was that I’d often find kids who struggled in school, would absolutely shine in a camp environment.
I remember Tania, a shy eight year-old who sat at the back of my Year three classroom, rarely making a squeak.
She became Tania the tiger on a four day camp. She was very loud, very assertive (no, bossy!!), very helpful and very funny on camp! You could have knocked me down with a feather! It was as if a twin sister had replaced her!
But camp was her type of environment. She loved ORGANISING classmates in the dining room; she was at home HELPING in the camp kitchen and she showed NO FEAR playing adventure games outside with kids she hardly even knew!
Tania shone at camp, but struggled at school. Camp was confidence-boosting; school was confidence-sapping!
There was carry-over from camp to school as kids and teachers responded better to her, trying to reach that noisy kid within the classroom. But it was hard to recreate the outside environment, inside the classroom.
In a perfect world, we’d have multiplied the camp experiences for Tania, so we could’ve seen more of the tiger!
Unleashing the tiger in your child

I had a child who when young, struggled to shine.
School and sport, which were the staples of that child’s early life, always presented challenges. They got there, but not without struggle. Their confidence sagged as they struggled to do what everyone else seemed to do so easily.
BUT Scouts was their thing. Once they discovered this they wanted to spend as much time there as possible.
So my wife and I helped & encouraged them to become an active participant in the Scouting movement. It was the one place where they felt confident.
We then tried to transfer the feelings of confidence they experienced in Scouts to other areas of interest. (“You said you couldn’t build a flying fox yet you managed to follow the instructions easily. You were pretty stoked when you did it. I reckon you can do the same with that science project.”)
So if you have a child that often struggles in mainstream areas and activities, here’s your challenge:
Help them find the place or activity where they feel confident. Help and encourage them to spend as much time there as schedules and interest will allow. Look for ways to transfer that feeling of confidence to other places and activities. As kids become older their world expands offering more opportunities to find their ‘thing.’ BUT I have a theory that they need to find their ‘thing’ before they reach fifteen as many teens narrow their options then, choosing the one or two activities (student, surfer, sportsperson, smart alec, etc.) that will help define their identities. Finger-crossed, they’ll have some positive options to choose from!

Extract from Happy Kids newsletter by Michael Grose
www.parentingideas.com.au
Bayswater Primary School

Fete
10 April 2011
10 a.m. to 4:00 p.m.

We would like to extend an invitation to all parents, teachers and students of St. Columba’s School. There will be some great attractions, including the Raddrock Climbing Wall & Extreme Air Bungee, Old MacDonalds Travelling Farm, Balleroo Riding School Ponies & Jumping Jays Bouncy Castle. There will be a vast array of stalls, Crafts, Plants & 2nd Hand Toys, books, Games & Clothes. There is a SideShow Alley which will feature lots of games and activities for all ages. We will have an Auction and Raffles. There will be a 42’ LG Plasma that will be raffled on the day. It has been kindly donated by The Good Guys Discount Warehouse Belmont.

We hope to see you all there.

Riverside Multi Sports at Trinity College

Riverside Multi Sports are hosting a sports programme for all students aged 6-14 at Trinity College from Wednesday 27th April to Friday 29th April. Each day will commence at 9:00 a.m. and conclude at 12:30 p.m. with the focus being on a wide range of sports guided by experienced primary and secondary trained Physical Education Teachers. To secure a place on this exciting programme or for more information, email riversidesports@live.com.au or call Jonika on 0433 540 465.

Athena Calisthenics Club – TWO FREE TRIAL CLASSES.

Recreation and competing classes offered in Mirrabooka and Girrawheen. Now is the best time to come along and try calisthenics no matter what your age. The sport teaches children discipline, teamwork and confidence as well as coordination and physical fitness. Athena prides itself on the strong team spirit, team work and fun atmosphere of its classes.

Contact Stephanie 9249 2533 for more details or visit our website www.athenacaliclub.com.au

Tiny Tots Tennis & Mega Tennis

Weekly Classes • Holiday Programmes

Lessons for 3-4 Years; 5-6 Years; 7-9 Years and 10-12 Years

Ring now for your “Trial” lesson

At Bayswater Tennis Club

tinytotstenniswa.com.au

9471 8491

Lisa Baker MLA
MEMBER FOR MAYLANDS
(08) 9370 3550
SKILLS DEVELOPMENT PROGRAM
for Years 7 to 10

ACADEMIC TASK FORCE
New APRIL HOLIDAY PROGRAM

Learn how to study, develop literacy and numeracy skills, prepare for tests. Venues north and south metro, small groups, expert teachers, supportive help.

For more information, contact Dr Pam Bagworth
ACADEMIC TASK FORCE Phone 9317 4421
learn@academictaskforce.com.au

Corner of Beaufort Street & Tenth Avenue
Inglewood 6052
Phone: 9271 1155
ABN 55 414 665 505

“School Uniform? Buy One, Get One Free!”

All students need to do is to wear their school uniform into Brumby’s Inglewood between 7.00 a.m. and 9.00 a.m. Monday to Friday and buy any product. They will then receive another of that same product free of charge.

All products in the store are included except those that are already discounted and it is not available in conjunction with any other deal, discount or offer. This discount is for a limited time only.

Brumby’s bread is baked fresh 7 days per week and does not contain preservative 282.

GLOBAL MISSION VOLUNTEERS
Information Session

Palms Australia, a non-profit, registered charity operating since 1961, is seeking volunteers willing to live in another country, sharing skills to reduce poverty. Positions exist in education, health, administration, agriculture/farming, trades and other professional or technical areas. Live simply on a volunteer allowance in Africa, Timor-Leste or the Pacific. Positions range from 6 months to 2 years. You will be well prepared with all expenses, including travel, insurance and health covered.

Saturday 16 April 10am – 1pm Citiplace Community Ctr, Upper Level Walkway, City Station Complex, Cnr Barrack & Wellington Streets, Perth

OR

Sunday 17 April 9:30 am – 11:30 pm Meeting Place, South Terrace, Fremantle WA

or Marie Gilbert tel: (02) 9518 9551; email: marie@palms.org.au
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.