Dear Parents and Students

THE ABC OF HEALTHY SCHOOL LUNCHES:

Avoid pre-packed snacks because these tend to be high in fat, sugar and salt. It's cheaper and healthier to put together a homemade pack. Potato chips and fizzy drinks like Coca Cola should be kept for rare treats. They are costly and their lack of nutritional value make them a poor choice for children who have an afternoon's schoolwork ahead of them.

Children do not need, for instance, the very high amounts of sugar in Coke and other fizzy drinks (up to 10 teaspoonsful in a can). Many commercial snacks are high in salt. A child aged 6 should have no more than 2 grams of salt a day. Teenagers should have no more than 5 grams, about one teaspoonful. Nor do they need the caffeine.

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.

From the Principal’s Desk

The ABC of Healthy School Lunches: Avoid pre-packed snacks because these tend to be high in fat, sugar and salt. It's cheaper and healthier to put together a homemade pack. Potato chips and fizzy drinks like Coca Cola should be kept for rare treats. They are costly and their lack of nutritional value make them a poor choice for children who have an afternoon's schoolwork ahead of them.

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Principals' Digests Apt 302, 86 The Strand, Parnell - All or part of this Digest may be reproduced and used in the school.

Interschool Swimming Carnival: Congratulations to all the students selected to represent the school at the interschool swimming carnival on Monday 4th April. Competitors will be departing the school at 8.00 a.m. and need to be at school no later than 7.55 a.m. in the basketball area. Please ensure all items of clothing are with them.

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

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. 2Feb.—Fri. 15Apr.
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.
are clearly labeled and the students have plenty of food and water for the day. I take this opportunity to wish all the students the very best for the carnival.

3 WAY INTERVIEWS: A reminder to all parents that 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.

P&F FEDERATION OF WESTERN AUSTRALIA AWARDS: Last Friday evening I attended the PFFWA Awards Presentation and I am proud to announce that Leesa Vinciullo was awarded the 2011 Guardian Wills & Estates/PFFWA Inc. Award—Excellence in Building Positive School Communities. The criterion for this award was:

- works collaboratively with the school community
- actively engages with and supports P&F initiatives
- promotes and affirms the work of P&F/Parent Council in their school
- takes time to listen to parent issues
- supports the building of community and networking opportunities.

Photos of Leesa receiving the award will be uploaded to the school’s website when we receive them. Congratulations Leesa!

ANZAC DAY SERVICE: Next Thursday, 7 April, at 2.30 p.m., the school will be having an ANZAC Day memorial service to honour members of the Australian and New Zealand Army Corps (ANZAC) who fought at Gallipoli in Turkey during World War I, as well as those who died and served in military operations for their countries. Parents are welcome to join us in honouring those who have died for this great nation of ours.

LENTEN REFLECTION: We continue to watch and hear the catastrophe unfold in Japan and we join our hearts in prayer for the Japanese people and ask our loving God to watch over them. The images coming to us on our TV and computer screens from Japan are a powerful reminder of the fragility of our material world and the meaninglessness of our material wealth. When all is wiped away in a stroke of natural power, we are left with only our lives and the support of our community—and we are glad to have these two vital things.

It is for us a timely reminder, our Lenten practices and meditations should be helping us to sweep aside the attractions of the material world and leave us with our thoughts and actions focused on those things which are vital to us as spiritual, loving people of God. Lent is a favourable time to ask ourselves, “What are the things most important to me?”

(Extract taken from my local parish bulletin).

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
Thank You!!!

The school community would like to thank Harry & Candy Dodd (Angus, PP) from Ross’s Auctioneers for very generously donating fridges for our Kindy classrooms. It is very much appreciated!

Thanks also to Matthew Sanderson and his team from The Good Guys Belmont, who kindly assisted the School in making a number of electrical purchases at cost price.

Please show your appreciation by supporting these local businesses.

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

Year 6 Camp

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

Uniform Shop Hours

Tuesday, 5 April 2011
8.15—8.45 a.m.

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

10th April 4pm onwards @ Macauley Park in Inglewood.

BYO everything for a casual afternoon to socialise with both old and new friends.

Hope to see you there
Autumn River Festival

It was great to see all the "Lucky Jars" coming in. We are 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.

Sacramental Dates for 2011

Eucharist
Enrolment Mass—Sunday, 28 May at 9.30 a.m.
Parent Interactive Workshop—Tuesday, 14 June at 7.00 p.m.
Reflection Day—Thursday, 16 June (all day)
Eucharistic Celebration—Sunday, 26 June at 11.00 a.m.

Penance
Enrolment Mass—Saturday, 30 July at 6.00 p.m.
Parent Interactive Workshop—Tuesday, 9 August at 6.30 p.m.
Reflection Day at Schoenstatt Shrine—Thursday, 11 August (all day)
Penance Celebration—Tuesday, 16 August at 7.00 p.m.

Confirmation
Enrolment Mass—Saturday, 30 July at 6.00 p.m.
Parent Interactive Workshop—Tuesday, 30 August at 7.00pm
Reflection Day—Friday, 26 August (all day)
Eucharistic Celebration—Sunday, 4 September at 11.00am

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.

2 preventative are:

TRY SPRAYING DILUTED EUCALYPTUS OIL IN YOUR CHILD’S HAIR EVERY DAY

MOROCCAN OIL, available from Priceline, WORKS A TREAT
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

Week 9-10 Roster

<table>
<thead>
<tr>
<th>Date</th>
<th>Help needed</th>
</tr>
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<tbody>
<tr>
<td>Fri. 1 Apr</td>
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<tr>
<td>Mon. 4 Apr</td>
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<tr>
<td>Wed. 6 Apr</td>
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<td>Fri. 8 Apr</td>
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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 10 Roster**

<table>
<thead>
<tr>
<th>Class</th>
<th>Name</th>
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</thead>
<tbody>
<tr>
<td>Kindy White</td>
<td>Jarrod Clark</td>
</tr>
<tr>
<td>Kindy Green</td>
<td>Koby Harbrow</td>
</tr>
<tr>
<td>Pre-Primary</td>
<td>McKenzie Livermore</td>
</tr>
<tr>
<td>Year 1</td>
<td>Tobey Grant</td>
</tr>
<tr>
<td>Year 2</td>
<td>Rosie Breen</td>
</tr>
<tr>
<td>Year 3</td>
<td>Ned Sheardown</td>
</tr>
<tr>
<td>Year 4</td>
<td>Olivia Prowse</td>
</tr>
<tr>
<td>Year 5</td>
<td>Stella Anderson</td>
</tr>
<tr>
<td>Year 6</td>
<td>Karla Tyler</td>
</tr>
</tbody>
</table>
**Bring in your old cooking equipment**

The Early Childhood classes are in need of any old or unused cooking equipment.

Bowls, utensils, plastic jugs, wooden spoons, colanders, pots and pans..........

If you don’t need it at home, the Pre-Kindy, Kindy and Pre Primary children would love to play with it!

Just drop it in to one of the Early Childhood classes as soon as you can

*Thanking you in anticipation of your generosity.*
Dads and daughters

“Just do what we say, Dad, and no one will get hurt.” Anonymous 11 year old girl.

In a talk in Newcastle last week I was talking about fathers and sons, when an audience member asked me for some thoughts about raising girls.

I answered it from a father’s perspective, rather than a mother’s point of view. (If you are a mum reading this you may want to print this article and share it with your partner). Here are some thoughts about dads and their daughters that I gleaned from my fathering book A Man’s Guide to Raising Kids.

Most fathers, by nature are protective of their daughters. They’ll often push their sons harder and be more critical than they are of their daughters. That’s a generalisation, I know, but from observation, it tends to hold up more often than it doesn’t.

The notion of a father who is at home and available affords a sense of security for girls, even if the only protective behaviours men actually indulge in are the removal of the occasional spider from the bedroom wall or reassurances that children are safe from things that go bump in the night.

There aren’t too many hairy mammoths roaming the ‘burbs these days, so a man’s capacity to protect his brood is severely limited. A man can only do so much!

BUT the real value of fathers in girls’ lives is less tangible, but more far-reaching. It’s from fathers that girls learn their major lessons about the world of males. In a sense, fathers teach their daughters how they should expect to be treated by males when they get older.

The message for a father is simple – be Gentle, Be Respectful and Allow your daughters to be Assertive towards you (without being a pushover). This will help them form respectful, loving relationships with other men throughout their lives.

Fathers can struggle with teen daughters

Fathers often have special relationships with their young daughters, but they can struggle when they move into adolescence. Interestingly, many girls describe how a previously close relationship with their father evaporates at this time.

Coming to terms with a daughter’s sexuality is a problem for many dads which is often reflected in a lack of physical contact [many dads stop hugging their daughters once they reach puberty] and sometimes sheer panic (‘you’re not wearing that outside this house!’) if his adolescent daughter appears seductive.

Dads need to do two things

The language of fathering is often very physical. Many of the lessons we teach, and our interactions with both boys and girls are through games, play and shared activity. That’s great, but you are in trouble as a dad, if all your interactions are basically non-verbal.

Let’s face it, you can’t tickle your fifteen year-old daughter under the armpits and wrestle her to the ground like you may have done when she was five (yep, girls respond to rough play too but that’s another article). If you try that caper, you’ll hear the term ‘wrack off, old man’ sooner than you can shake a stick!

First thing to do: Make sure you get into the habit of talking with your girls before they reach adolescence. That means spending a little one-on-one time with them without being too playful.

Second thing to do: Make sure you have a shared interest so you have something to talk about when they move into adolescence and a whole different world than the one you inhabit.

The saving grace for me with both my girls during some turbulent teen years was our shared love of sport, AFL football, in particular. We’d sometimes go to a football game together, but more importantly, we had something to talk about, joke about (‘your team is so crap!’) or put a friendly bet on when all my other attempts to connect failed. A common interest can give you an entry point into an adolescent girl’s world, and relieve you of the burden of having to find something to talk about.

I also believe that when a dad shares a real passion (cause, job or hobby) with his daughter she is more likely to adopt it than a son.

But girls will only adopt their dad’s passions if they respect them and if they have been an active part of their lives.

Being a dad of daughters can get tricky but active involvement, respectful treatment, the habit of talking as well as playing, and a shared interest will help you stay in the game when your girls become teens.

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

Jennifer Maughan
School Social Worker  St Columba’s Bayswater Wednesdays and alternate Thursdays
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.

Bayswater Primary School

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.

FOR SALE!

First Holy Communion Dress
The family of a former student wishes to sell her First Holy Communion Dress

Please contact Petra on 0410216759 for further information.

VOLUNTEER HOST FAMILIES NEEDED

Overseas students will be arriving in July 2011 and require host families. There are two different programs arriving ranging from 5 months to 11 months. We have students arriving from countries including Chile, Austria, Switzerland, France, Italy, Germany and many more.

Gain friendships that can last a lifetime? So - whether you have cattle or poodle, six children or none, you have the perfect family!

For more information please call Joyce on 9534 5823 or visit www.afs.org.au
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

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.