Dear Parents and Students

Welcome back. I hope you all had a fantastic two week break. Yes I do realise Collingwood lost the Grand Final and yes, I do realise Geelong is by far the best side at the moment. Congratulations to all the Geelong Supporters!

It is hard to believe that there is a little over nine weeks until Christmas. Term Four is always hectic in schools. Teachers, staff and students no sooner ‘gear up’ for the long term before having to ‘gear down’. 75th Anniversary Celebrations, teaching programs, reports, end of year celebrations, graduation and Christmas have all been crammed into the next 9 weeks. I therefore encourage all students to continue to apply themselves and work hard with their studies this term as it is critical to their transition to the next year level.

As the year marches towards the final stages, it is important to take a moment and reflect on our role as the ‘most important persons’ in the lives of our children. As parents, we have seen a significant amount of growth over the past three terms in our children. How quickly they seem to be developing and maturing. One thing that parents would not wish for their children is that they lead a life of fiction where they drift through life as “pretend” people who never come to the enjoyment of understanding who they really are. So what would you as a parent wish for your children to learn about themselves?

• To learn that what is most valuable is not what they have in their lives, but who they have in their lives.
• To learn that is not good to compare themselves to others. All will be judged individually on their own merits, not as a group on a comparison basis.
• To learn that it only takes a few seconds to open profound wounds in persons we love, and that it takes many years to heal them.

From the Principal’s Desk

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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 4 Dates: Tue. 18 Oct.—Wed. 14 Dec
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)

- To learn to forgive by practising forgiveness.
- To learn that there are persons who love them dearly, but simply do not know how to express or show their feelings.
- To learn that money can buy everything but happiness.
- To learn that two people can look at the same thing and see it differently.
- To learn that a true friend is someone who knows everything about them, and likes them anyway.
- To learn that it is not always enough that they be forgiven by others, but that they have to forgive themselves.
- To learn that they cannot make anyone love them but they can let themselves be loved.

So how do our children learn such values? Not by us simply telling them or attachign a print-out to their bedroom wall. To learn such values takes a lifetime of practice and involves modelling such values in our own lives and our dealings with our children. Franklin Jones once said, “Parents can learn many things from children. How much patience they have, for instance.” How true his words are. To gain any skill in life takes repetition, and the skills and values associated directly with life will need to be taught to children by their parents many times over.

75th Anniversary Celebrations: Early next week, all families will receive a 75th Anniversary Booklet advertising all the events in the coming weeks. The flyer will also be uploaded to the school’s website so all community members will be able to view the events. Please take note of the planned events scheduled for our anniversary.

Competition Winner: I am proud to announce that Nina O’Rourke in Year 6 is the winner of the CEO’s 2012 Curriculum Conference Logo design competition. Her logo will be used in the design of the 2012 Conference logo. Nina will be receiving a $100 voucher for her wonderful design. Congratulations Nina!

Thank You: Sincere thanks go to Antony Dawes for donating the concrete sealer for the undercroft area and Greg Owens for securing the banners in the upper area. Their support is greatly appreciated and I thank them.

Confirmation Photos: Thanks to Greg Owens, high resolution photos have now been given to the school to distribute to the recently Confirmed year 6 students. To save on CD’s, I request all Year 6 students to bring to school a thumb drive so their own photos can be saved. Parents can then print off their own copies in their own time.

Parent with a Boat: Phil Wild (father of Alyssa in year 5 and Thomas in year 1) will be attempting to swim solo from Cottesloe to Rottnest as part of the 2012 HBF Rottnest Channel Swim. The event will be held on Saturday, 25 February 2012. The race departs from Cottesloe Beach and finishes at Thomson Bay, Rottnest Island. The distance of the race is 19.7 km and it is one of the largest open water swimming events in the world, with around 2000 entrants competing as either a solo, duo or team of four.

Each solo entrant requires a support boat that is a minimum of 5 metres in length to accompany them on their swim.

If you have a boat that meets the minimum length requirements and if you are free on February 25 and would be interested in helping Phil with his crossing attempt, could you please contact him on mobile 0400 466 952 or email philwild@gmail.com. Phil will cover all costs.

Greg Martin
Principal
Uniform Shop News

We have begun to distribute uniform orders. Some orders may be incomplete as we are waiting for some items—a note will be made for you on your order form.

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 Committee

SAUSAGE SIZZLES A HUGE SUCCESS

A huge thank you to everyone who helped make the Bunnings and Home Expo Sausage Sizzles such a success!! It was wonderful to see so many new faces helping out and getting to know each other!!

Combined, we made over $2000 to put towards the new playground equipment!!

Special mention must be made of Carl Prowse who was once again more than generous with his Aussie Farmer Direct contributions!!

P &F Committee

Uniform Shop Next Open

Tuesday, 25 October 2011
8.15—8.45 a.m.

Booklist Reminder

If you are not ordering on-line, please return your completed booklist to the office NO LATER than Thursday, 27 October (NEXT THURSDAY).

On-line orders will also have to be completed by this date.
Parish Cleaning Roster

THANK YOU!
Thank you so much to everyone who has volunteered their time. To those of you who are continuing on the roster this term, thank you for your on-going support. To the new volunteers, thank you for your very welcome help.

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 clean 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. If the date allocated does not suit, please call another team to arrange a date swap.

JILL BRAZIL

Canteen News

Come and check out my beautiful new premises! The canteen has relocated to the undercroft area, beneath the new library.

Please ensure your account is in credit. Thank you.

SHERYL MILONAS

Pastoral Care

The Term 4 Roster will be 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 1-2 Roster

<table>
<thead>
<tr>
<th>Date</th>
<th>Task</th>
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<tbody>
<tr>
<td>Fri. 21 Oct.</td>
<td>Help needed</td>
</tr>
<tr>
<td>Mon. 24 Oct.</td>
<td>Help needed</td>
</tr>
<tr>
<td>Wed. 26 Oct.</td>
<td>Help needed</td>
</tr>
<tr>
<td>Fri. 28 Oct.</td>
<td>PUBLIC HOLIDAY</td>
</tr>
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Words are the most important tool for a parent.

Your words can soothe, reassure, excite, inspire and lift. Alternatively, they can provoke, challenge and excite. The words you use to do these things are like gold. Cherish them!

Your kids need to hear more of them.

(Your kids also need to hear some home truths as well from time to time but that’s for another article!!! Speaking the truth, with love, is important.)

By far, the most important words are the words that kids tell themselves. It’s just as easy to talk themselves up as talk themselves down.

That’s why I always pick kids up when they put themselves down. Self-put downs can easily become self-fulfilling prophecies. “I’m stupid!” either becomes an excuse or a story.

I’ll explain.

Sometimes kids put themselves down (I’m hopeless. I’m stupid, Maths isn’t my strong point) to lower the expectations of those around them. If others don’t expect too much then I don’t have to try and I won’t let anyone down is their thinking. It works most of the time. We feel sorry for kids and let them off the hook!

Sometimes a child’s self-deprecating remarks become the story that a child tells him or herself and it becomes true. “I’m no good at maths” becomes the story that stays for life. It stops them from trying or attempting new things.

Sometimes kids’ conditions become their overarching story..........for others. If a child has a disability it becomes a factor in their story, but it’s not their entire story. Kids determine their own story.

The words that you repeatedly use when you are around kids can become part of their story too. So watch the labels that you attach to kids as they can become part of the story they tell themselves.

Kids will hear bad things about themselves from their peers and their siblings. These comments need to be counterbalanced by words from adults that elevate, affirm and lift.

We are in a better decision to choose the words they hear than their peers or siblings so choose well and wisely.

Here are your take-aways:

Choose carefully the words that you’d like kids to hear more and start using them. Try two or three to start with.

Don’t accept the story that many kids routinely tell themselves. Challenge their ‘I can’t’ story and help them replace it with something along the lines of ‘If I work hard and apply myself I can do it’.

Introduce self-talk to kids so they can learn to write a better story for themselves. This happens over time.

It may only be words................. but words make up the stories that kids live by. That gives words incredible power.

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
BUS DRIVER (PART-VOLUNTEER)
KORA CENTRE
a charitable organisation, requires a part-volunteer bus driver for its Childcare service.

Days: Monday, Tuesday & Wednesday.
Time: 9.30am – 10.30am & 1.30pm – 2.30pm
Place of Bus Service: Maylands & Bayswater
Licence: HR Licence required (Preferably with “F” endorsement)
NATIONAL POLICE CLEARANCE, WORKING WITH CHILDREN CHECK
Others: A small weekly payment can be arranged
Bus Type: Nissan Civilian - 21 seater
Staff member will always accompany in the bus.

Contact: Sr.Charla on 9271 9031
Address: KORA CENTRE
54 LAURENCE STREET
BAYSWATER 6053

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Lisa Baker MLA
MEMBER FOR MAYLANDS
(08) 9370 3550
(fax) 9272 4291
Trinity College Spring Fair
A DAY BY THE RIVER

Sunday 23 October 2011
10.00am to 4.00pm
Trinity Avenue, East Perth

Join this amazing community building event on the tranquil banks of the Swan River. Over 40 stalls on display and loads of entertainment.

All Enquiries: (08) 9325 3655
Classifieds

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Denture & Mouthguard Service
Suite 6 / 263 Walter Road, Morley WA 6062
Telephone: (08) 9375 2400

Harold Dodd
0411 969 855
hdodd@recyclers.com.au

www.recyclers.com.au

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DB9
property development group PTY LTD

graham sweetman director
e grswee@bigpond.net.au m 0418 937 799