



# St Mary's Catholic Primary School Newsletter

Vol 10.3.17

21 September 2017

**Address:** Box 247 Bunbury 6230

**Telephone:** 9726 7500

**Fax:** 9791 3219

**Email:** [admin@stmarysbnby.wa.edu.au](mailto:admin@stmarysbnby.wa.edu.au)

**Newsletter items:** [evans.aurelia@cathednet.wa.edu.au](mailto:evans.aurelia@cathednet.wa.edu.au)

**Web Page:** [www.stmarysbnby.wa.edu.au](http://www.stmarysbnby.wa.edu.au)



## IMPORTANT DATES

### September

Fri 22 Year 4 Assembly  
Last Day of Term  
Book Week Dress Up Day

### October

Mon 9 First Day **Staff Only**  
Tue 10 First Day Students  
Wed 11 School Mass 10am  
Tue 17 Numero Schools Challenge Yrs 5/6 BPS  
P & F Meeting  
Wed 18 Nude Food Day  
Thur 19 SWPSA Years 4 - 6

## Vision Statement

A welcoming faith  
community

We value  
relationships

We pursue excellence  
in learning

We live the Gospel  
message of love

Loving Lord, thank You so much for holiday times and the wonder and excitement that they engender in all our hearts, and we just want to praise You for all the goodness and grace You generously pour out on us and all people – and we especially thank You for the many blessings we gain from these important times of holiday fun and family reunion. I remember the many feast days and times of rejoicing that You planned for Your people Israel and we bless You that we too have holidays, when our inner soul can be refreshed and rejuvenated, in a relaxed atmosphere, when we are surrounded by precious friends and family members – and which provide us with such a special opportunity for close fellowship and communal fun.

During this holiday, we particularly remember those that are alone, or ill or going through times of stress or difficulty, and pray that You would draw very close to each and every one of them. Let them know Your special peace in their heart and give to each one Your sufficient grace.

We thank You that You are a God that answers prayer and we give You all the praise and glory in Jesus name,  
Amen



Dear Parents, Students and Friends,

## Principal's Welcome

We were blessed with perfect weather for last Friday's Athletics Carnival. We saw some outstanding individual performances with several long standing records broken. Team spirit was high with lots of cheering Students spending some time in the bay and the faction shirts made it easier to identify who you were cheering for! Thank you to all the parents who assisted throughout and thanks to Mr Alberti for the many hours he put into organising the day. Congratulations Marcellin for winning a close competition.

The students have enjoyed the chance to watch the mural painted by Andrew Fraser develop over the course of the week. Andrew has visited classrooms to share some of his experiences as an artist. Some of the artwork produced by our Pre Primary students when working with visiting illustrator Gabriel Evans was outstanding and is currently on display in the hall.

On Friday we will get the chance to see the Year 4 assembly while dressed up in our Book Week costumes.

Friday will be Mrs Nikki Webb's last day before she goes on Long Service Leave for Term 4. Mrs Megan Turpin will be taking Year 4 for the remainder of the year. We wish Mrs Webb well.

I would like to take this opportunity to wish families a safe and happy holiday and for students to come back well and excited about the learning opportunities ahead in Term 4.

God bless  
Paul Cronin

## SCHOOL NEWS

### CONDOLENCES

Staff, students and the school community at large extend our most sincere condolences to the Piacentini family on the sad passing of Eileen Henry, mother, grandmother and great grandmother to Margaret, Alison, Harry, Thomas and James. We are sorry for your loss, and pray for strength, peace and comfort for you all at this sad time.

### CANTEEN

Thank you to all parent volunteers this term who managed to volunteer their time in the Canteen. A big thank you to Jenelle for her continued support as my right hand. I wish everyone in our school community a safe and enjoyable holiday break. Take care and see you all in Term 4.

Mrs Gray

### WOOLWORTHS EARN AND LEARN

As you know, our school has been participating in Woolworths Earn & Learn. The program has now finished for this year, so a big thanks to everyone who supported our school. We're now at the important stage of the program where the sticker sheets are collected and lodged as our Earn & Learn claim. We will then be able to get new educational equipment for our school. The more we collect, the more we can redeem. So this week, please send in your Woolworths Earn & Learn sticker sheets and any loose Earn & Learn stickers you may have. Remember to check your handbag, the car glove box or they may be stuck on the fridge. Every little bit helps. Thanks again for all your support!

### BOOK CLUB

Issue 6 Book Club orders have been received and distributed during the week.

### UNIFORM SHOP

Summer uniform items are available for purchase on Friday morning between 8.30am and 9.30am. A reminder that with the start of Term 4, summer uniform is to be worn in its entirety. You do however have the option of wearing the winter uniform for the first 2 weeks of Term 4.

## St Mary's **Book Week** is

**Monday 18th September to Friday 22nd September**  
**WEEK 10!**

### **All week - Shared Reading**

Younger students will have the opportunity to listen to stories read by older students.

### **Tuesday 19th Sept - Visiting Illustrator Gabriel Evans**

Students will participate in a workshop with a talented local artist and see him work his magic in front of their eyes!

Due to the support of the P&F the full cost of this experience is covered.

### **Friday 22nd Sept —Book Week Dress Up Day**

Following the Year 4 Assembly and Merit Awards we will all have a chance to show off our costumes to the school community during a Book Week Parade!

*\*\*Note - Year 4 students will be given time to change out of their assembly costume and into their Book Week costume while the rest of the school receives their Merit Awards. \*\**



On behalf of the all the parents and students at St Marys we wish to sincerely thank the St Mary's teaching staff for their valuable contribution to our children's lives.

Happy World Teachers Day!  
(5<sup>th</sup> October 2017)

P&F

### ***Athletics Carnival***

I must apologise for the delayed start to our Athletics Carnival this year. It turns out that I had booked the buses for the wrong day! In spite of this, staff, students and parents rallied to the cause to ensure that we were able to get through all events, bar the final presentations, which were held at school on Monday morning. Our new format seems like a success and the coloured shirts were a big hit. Well done to the winning team, Marcellin, and to all students who strived to achieve their best. A carnival will not run itself, so a big thank you to all those people who help on the day, from giving out ribbons, marshalling and starting the races, measuring throws and jumps, place judging, as well as setting up and packing away! You were awesome.

Our individual winners are listed below.

	<b>Runner up Champion</b>	<b>Champion</b>
<b>Year 4 Girls</b>	Jasmine Turner	Lily Kilpatrick
<b>Year 4 Boys</b>	Luke Pedrochi	Evan Crowley
<b>Year 5 Girls</b>	Alexis Donovan	Elizabeth Curtis
<b>Year 5 Boys</b>	Ranee Cross	Harry Jones
<b>Year 6 Girls</b>	Aurora Postma	Maddison Lord
<b>Year 6 Boys</b>	Ned Pemberton	Liam Collins

### ***Records Broken***

Year 4 Girls Records Broken

Year 4 Girls 200m Lily Kilpatrick 34:93

Year 6 Girls 200m Maddison Lord 31:95

Year 6 Boys Shot Put Jai Cahill 11:79m

Year 5 Girls 4x100m Relay - Lani Cahill, Amy Hunter, Elizabeth Curtis, Maddison Cream 1:01:50

Year 5 Girls 200m Elizabeth Curtis 32:82

Year 5 Girls Triple Jump Elizabeth Curtis 7:88m

Year 4 Boys turbo Javelin Evan Crowley 17:46m

Final Points Total	Marcellin	451.5
	McAuley	425.5
	Ursula	380

### ***SWPSA Inter School Sports Athletics Carnival***

St Mary's will compete in the SWPSA Inter School Sports Athletics Carnival on Thursday 19 October. The carnival commences at 9.30am and concludes at 2pm. It will be held at the Athletics Centre at Hay Park. Permission notes will be sent home with all competitors.

Tino Alberti

HPE and Music Teacher

### ***P & F Reps Required***

One of the things that makes our P & F so strong are the parents who take on the roles of class representatives. Two parents from each year level volunteer to be representatives for the class. They would attend meetings regularly and help to coordinate one event over the course of the year. So far, we have Parent Representatives for Kindy, Pre Primary and Year 1. If you are considering taking on a position but want to find out more, you can speak to Jo Spinelli.

### ***Solar Panels Almost Complete***

In a bid to help the environment and save St Mary's money at the same time, the School Board have had a 6kw solar system installed on the Pre Primary roof and 24kw of panels are close to being finished on the hall roof.

### ***Watch Out for the South West Times***

Ash from the South West Times visited on Tuesday to cover Andrew Fraser painting our mural and illustrator Gabriel Evans visit. We hope to have the story in this week.

### ***World Teachers' Day***

Thank you to the P & F for the lovely gifts and morning tea that they supplied staff in honour of World Teachers' Day which falls on Thursday 5 October 2017.

Paul Cronin





## Offer of Skin Cancer Checks for the St Mary's Community

21/9/17

Dear Parents

With the prevalence of skin cancer in Australia and in a bid to help staff, parents and grandparents stay healthy, at my previous school I was able to organise skin checks by a doctor for those staff and parents who were interested.

I approached Dr Alejandra Olgiati recently and asked her about the possibility of arranging opportunities for the St Mary's community to access discounted checks and she consulted her Practice Manager. Alejandra is able to offer our families skin checks at the Brecken Bunbury Clinic on Monday 6 November from 12pm to 8pm with 15 minute appointments. Visits on that day will be bulk billed through Medicare and bookings can be made through the St Mary's office from now until the end of October. If Alejandra is inundated, a second date will be arranged.

Skin checks are something we often have intentions of carrying out but may not get around to. Here is an opportunity to make it happen. Below are some statistics on just how common skin cancer is and the consequences can be deadly.

### ***Skin Cancer Statistics***

*Approximately, two in three Australians will be diagnosed with skin cancer by the time they are 70, with more than 750,000 people treated for one or more non-melanoma skin cancers in Australia each year. Non-melanoma skin cancer is more common in men, with almost double the incidence compared to women.*

*Excluding non-melanoma skin cancer,\* melanoma is the third most common cancer in Australians. In 2013, 12,744 Australians were diagnosed with melanoma.*

*Every year, in Australia:*

- skin cancers account for around 80% of all newly diagnosed cancers*
- the majority of skin cancers are caused by exposure to the sun*
- GPs have over 1 million patient consultations per year for skin cancer*
- the incidence of skin cancer is one of the highest in the world, two to three times the rates in Canada, the US and the UK.*

*In 2014, 2067 people died from skin cancer in Australia, 1467 from melanoma and 600 from non-melanoma skin cancers.*

*<http://www.cancer.org.au/about-cancer/types-of-cancer/skin-cancer.html> 19 Sept 2017*

Regards

Paul Cronin

# Gabriel Evans

## Visiting Illustrator



The students from Pre Primary to Year 6 had a wonderful learning experience on Tuesday when we had a visit from Gabriel Evans. The students enjoyed listening to his stories about his journey as an illustrator and also developed their drawing skills in a fun and interactive workshop. Some of their masterpieces will be on display in the hall for tomorrow's assembly. Thank you once again to the P&F for providing this opportunity for the lucky students of St

Mary's.  
*Melanie Toia*



# Athletics Carnival



AA



# Kindy Book Week







18 September 2017

**Dear Parent/Caregiver**

**Re: Whooping Cough health advice – St Mary's Catholic Primary School**

There has been a confirmed case of whooping cough diagnosed at St Mary's Catholic Primary School. I write to advise that if your child has developed a coughing illness or if they develop a coughing illness in the next 1-2 weeks, take them to see a doctor as soon as possible, for possible testing and treatment. If your child is well and has no symptoms, there is no need for any further action.

Symptoms of whooping cough can include persistent coughing, breathing difficulties and often coughing to the point of gagging or vomiting. A flu-like illness may come before the coughing stage. Infants and young children may also make a 'whooping' sound during coughing bouts, but this sound does not always occur.

Adolescents and adults can also have the disease with the only symptom being a cough lasting several weeks or months. It is important to have such coughs assessed by a doctor because if one person in the family has whooping cough, it is likely to spread to the rest of the family, including vulnerable young children.

The incubation period for the disease averages 7-10 days, with people infectious from the onset of the first symptom (cold/flu-like illness or cough) to 3 weeks after the onset of coughing. Antibiotic treatment reduces the length of the infectious period if diagnosed early enough.

It is spread to others by droplets from coughing or sneezing. Untreated, a person with whooping cough can spread it to other people for up to three weeks after the onset of cough.

Five full days of antibiotic treatment needs to be completed before they can return to school. Children who have symptoms and who have tested positive, need to stay away from school until 5 days of antibiotics are completed.

Whooping cough is a debilitating disease for young children who are not immunised and can be fatal especially for babies under 6 months of age. Vaccination is the most important way of reducing pertussis risk in our community – *but even fully vaccinated children and adults can still get the disease, although it is usually a milder illness.*

**It is important to double check that your child is fully up to date with his or her immunisations against whooping cough (pertussis).** Free whooping cough vaccinations are recommended for 2, 4, 6 and 18 month old babies, 3.5 year old children and Year 8 students in high school. People who work with children and babies are also recommended to have a whooping cough booster 10 years after their last whooping cough vaccination.

If you are unsure of your child's vaccination status, please see your doctor or community immunisation provider for information and vaccination if necessary. You can also call the Australian Immunisation Register on 1800 653 809.

For further information please contact Amanda Whittle, Clinical Nurse Specialist – Public Health or Nancy Birch, Clinical Nurse Manager – Public Health **on 9781 2359 (office hours).**

Sincerely,

Dr Naru Pal  
Public Health Physician, South West Population Health Unit



18 September 2017

Dear Parent/Caregiver

**Re: Chicken Pox**

There has recently been a case of suspected chicken pox within the school community.

Chicken pox is a common childhood illness characterised by fever, fatigue and a generalised, itchy rash of blisters that usually starts on the trunk and face and spreads to the arms and legs. About 5% of cases do not develop a rash. It is usually more severe in adults and immunosuppressed people including non-immune pregnant women.

How is Chicken Pox Spread?

By inhaling respiratory droplets from an infected person or by contact with liquid in the blisters.

Incubation period:

Following exposure it usually takes 13 – 17 days for the rash to develop.

How long is it infectious to other people?

For 2 days before the rash starts and until all blisters have crusted over.

What are the responsibilities of parents about exclusion from school and childcare?

Children with chicken pox should immediately be excluded from childcare facilities and schools, for at least 5 days after the rash appears and until all blisters have crusted.

Contacts of sick children

Contacts of children with chickenpox are not excluded from school however immunosuppressed classmates or pregnant contacts should be referred to their doctor. High-risk children who are contacts of a case can sometimes be vaccinated in time to prevent infection. Information about this is available through your doctor or the SW Population Health Unit

Treatment

Chicken pox is usually mild and most patients won't require treatment, but your child needs to see a doctor for possible antiviral treatment if they develop a very high fever, start vomiting or develop rapid breathing or become drowsy.

Immunisation

Vaccination against chicken pox is recommended for people of all age groups who haven't already had chicken pox infection. Free chicken pox vaccination has been provided for 18 month old children since November 2005, and also for adolescents through the Year 8 school-based immunisation program.

If you are worried about your child's health, please seek medical advice or ring Health Direct on 1800 022 222 (available 24 hours). For further information please contact the SW Public Health Unit nurses on **9781 2359** during office hours.

Sincerely,

Dr Naru Pal  
Public Health Physician  
South West Population Health Unit

# COMMUNITY NEWS



PO Box 672.  
Bunbury WA 6230  
18th September 2017

Dear School Secretary,

Over School Term 4, the Bunbury Triathlon Club will be holding an 8 week program introducing students to the sport of Triathlon. The focus of these sessions will be on skill development across the disciplines of swimming, cycling and running. As well as structured training sessions, participants will get to experience the thrill of participating in some real triathlons!

The course is open to primary school students in Year 2 (age 7) through to Year 6 (age 12). Participants will need to have a bike and be able to swim 50 metres. Activities will be structured to cater for a wide range of skill level and ability with the overriding focus for students participating to have fun and gain improved skills and confidence in swimming, bike riding and running.

Training sessions will be held on Thursday afternoons at 4.00 pm at various venues around Bunbury commencing at the Jetty Baths on Thursday the 19th October. Subsequent sessions will take place on the 26th of October, 2nd, 9th, 16th, 23rd & 30th of November and the 7th of December.

It would be greatly appreciated if the attached poster could be displayed to encourage children at your school to participate. In addition if it could be posted to your school bag app for parents.

Further information can be found at the club web site [bunburytriathlon.com](http://bunburytriathlon.com).

Regards

Paul Hanson

Juniors Coordinator

Bunbury Triathlon Club

Contact:

0447071927



## TRYSTARS

Hi, would your children or grandchildren like to get involved with some fun activities and learn about the exciting world of triathlon. Come and join us at the Jetty Baths at 4.00pm on Thursday the 19th October for the start of 8 weeks of fun activities.

### Swim



### Exciting



### Challenging



### Run



Come and join in the fun. See the club web site [bunburytriathlon.com](http://bunburytriathlon.com) for further details

### BUNBURY PRIMARY P&C ASSOCIATION PRESENTS

### SCREENAGERS – THURSDAY / FRIDAY 19th - 20th OCTOBER 2017

**NO COST** – This is a youth focused event the film is suitable for children 10 years and older

We encourage parents to attend with their child

AT: THE WATERS EDGE CAFE - DOORS OPEN AT 6.30PM

RESERVE YOUR SEAT – [EVENTBRITE.COM.AU](http://EVENTBRITE.COM.AU) – SEARCH Bunbury

*When parents/carers and their children work together, the risks posed by social media and the internet can be reduced.*



It is due to this belief that **Parenting Connection WA** whose mission is for parents to have the knowledge, skills and confidence to be the best parents they can be, **have paid for the screening costs** on Thursday and Friday enabling parents and their children to attend together for **FREE**.

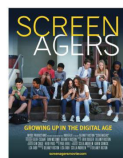
#### ABOUT JORDAN FOSTER

Jordan is a registered Psychologist with a Masters degree in Clinical Psychology. Jordan's professional background involves working with children and adolescents in clinical and outreach settings, with a particular focus on mental health issues relating to social media and internet gaming addiction.

After several years of working in the community development field, Jordan had been supporting a growing number of families with trying to manage their child's online behaviour. One of the main issues that Jordan had noticed was how little support there was available to families, particularly in relation to how encompassing social media and technology was in young people's lives. This was an issue that was not going to go away anytime soon, and parents were crying out for help.

Jordan began ySafe to bridge this knowledge gap, and to ease the fear of parents that their children know more about this area than what they do. Jordan aims to provide parents with unique insight as to what it actually means to grow up as a teenager with social media, and how as parents we can manage this strategically, immediately and of course, as pain-free as possible

#### ABOUT THE FILM



all this time and about the friction occurring in homes and schools around negotiating screen time—friction she knew all too well.

In **SCREENAGERS**, as with her award-winning documentaries on mental health, Delaney takes a deeply personal approach as she probes into the vulnerable corners of family life, including her own, to explore struggles over social media, video games, academics and internet addiction. Through poignant, and unexpectedly funny stories, along with surprising insights from authors, psychologists, and brain scientists, **SCREENAGERS** reveal how tech time impacts kids' development and offers solutions on how adults can empower kids to best navigate the digital world and find balance.

Are you watching kids scroll through life, with their rapid-fire thumbs and a six-second attention span? Physician and filmmaker Delaney Ruston saw that with her own kids and learned that the average kid spends 6.5 hours a day looking at screens. She wondered about the impact of



BUNBURY PRIMARY SCHOOL

PO Box 1908  
BUNBURY WA 6231  
T: 9721 2660  
F: 9791 1036  
W: [bunburyps.wa.edu.au](http://bunburyps.wa.edu.au)

An Independent Public School

#### Parents/Carers of Children in Years 5 and 6

Dear Parents/Carers,

The impact of social media and technology on our youth is ever increasing and we are seeing the effects of it on an almost daily basis. Mobile technology is giving children unprecedented access to the internet - access that they are not always ready to manage wisely. Perhaps it is the innocence of youth, but the choices many children make in what they post on social media can have long-term implications for them.

Our P&C have partnered with The Parenting Connection, Headspace and the City of Bunbury to provide a **FREE** screening of the film **Screenagers** (Rated 10+) on Thursday and Friday October 19 and 20 at the Waters Edge Café (7:00pm). The film will be followed by a Youth Focused interactive workshop led by ySafe director Jordan Foster for children aged 10+ and their parents.

We have previously had the privilege of Jordan speaking to the children, teachers and some parents from our school through a grant obtained by the school. All concerned found the workshops informative and instructive. Jordan gives a strong message about the importance of being responsible online and an understanding of the traps and pitfalls in using the internet.

The maker of the Screenagers (Delaney Ruston) and Jordan Foster both agree that when parents/carers and their children work together, the risks posed by social media and the internet can be reduced.

It is due to this belief that The Parenting Connection have paid for the screening costs on both of these nights so that parents and their children are able to attend for **FREE**.

These two sessions will be advertised to other schools but the involvement of our P&C has given us a head start. I would strongly encourage parents to grasp this opportunity to get prepared for the inevitable challenges social media and technology will present for them and their children.

Attached to this note is information about the film and the guest speaker along with **how to reserve free seats for you and your children aged 10+**.

If you are unable to attend these free screenings, the P&C have also arranged for screenings on the **Monday, Tuesday and Wednesday** (6:30pm) at the **Grand Cinema** – at a cost of **\$23** per ticket. Information about these three nights will be provided through the School App.

The capacity for people to track children through photos they post from their phones, the peer pressure to post inappropriate images or to write inappropriate comments, the inability to 'take these things back' and the potential future impact on our children are real. This film and workshop will open your eyes as to what is out there and can happen. Please take the opportunity to learn as much as you can in order to help your children learn how to be safe in the technological world they are in.

Regards,  
Shane Doherty

2017

Art Extraordinaire is a vibrant exhibition of quality art!

## OPENING NIGHT AND AUCTION

Friday 13th October 7pm

### Opening Night Tickets

\$20 at the door  
\$18.30 on the website

Rodsted Street, Bunbury

GUEST  
SPEAKER  
Studio Potter,  
Gary Hambleton,  
all the way from  
Chandigarh!

Ticket price includes a complimentary glass of champagne, wine or beer of your choice as well as tasty finger food!

### Saturday & Sunday Entry

Sat 14 October 10am-5pm

Sun 15 October 10am-4pm

Adults \$5  
Pensioners \$3  
Children \$3

A Silent Auction runs throughout the weekend. Enjoy a freshly brewed coffee from our BCC baristas and home-made almond bread

Bunbury Catholic College P&F



Further information:  
<http://www.bccartex.com.au>



Attention Fathers Grandfathers and Father Figures -  
The St Mary's Fathering Project Group  
would like you to consider attending



## The Big Camp Out @ Domain Stadium, Subiaco!!

Saturday October 14, 2017

When was the last time you took time out, unplugged from modern technology and spent quality time with your child?

As part of The Fathering Project, The Big Camp Out offers fathers the chance to spend quality one-on-one time with their child in a unique camp out experience at Domain Stadium - ON THE OVAL!! Be one of the last people to use the oval!

The event is designed for fathers/father figures and kids aged 5 - 12 years to offer a unique camping opportunity. Participants are encouraged to bring along their favourite activities and games to play, as you would on a traditional camping adventure.

A BBQ style dinner and sumptuous breakfast will be provided during the event.

The event runs from 3pm on Saturday to Sunday 12 noon. There will be a range of fun activities co-ordinated by OutdoorsWA on Saturday and Sunday morning.

Fathers and children are encouraged to work together to prepare their camping equipment and board games (for Saturday night).

\$90.00 entry for father and one child. \$40.00 per additional child.

For full details go to The Big Camp Out website: [www.thebigcampout.com.au](http://www.thebigcampout.com.au)