



St Mary's Catholic Primary School Newsletter

Vol 2.4.15

22 October 2015

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IMPORTANT DATES

October

- Thur 22 SWSPA Athletics Carnival 9.30am - 2.30pm
 Fri 23 Choir Singing at Ordination
 Official Reopening/Blessing of the Basketball Courts
 8.45am
 Disco
 Wed 28 School Mass
 Kindy Orientation
 Thur 29 Nude Food Day
 Fri 30 World Teachers' Day

Vision Statement

A welcoming faith
community

We value
relationships

We pursue excellence
in learning

We live the Gospel
message of love

Hope

is an open heart
 is knowing that you are loved
 is knowing that you love others
 is holding tight to your mother's hand
 is your father's good-night kiss
 and remembering his kisses when he can't
 be there with you
 is finding happiness in simple things
 is daring to do something you've never done
 before
 is remembering you are not alone
 is a heart that is open to the world around
 you
 is knowing that things change
 and that we can help things to change for
 the better
 Hope is always there inside, waiting to un-
 fold.



Dear Lord

*We are a people of hope. As we work
 together this term, may we be symbols of
 hope in our community. We ask that
 you walk with us as the hope within
 unfolds. Amen.*

Dear Parents, Students and Friends,

It has been quite a busy week at St Mary's, with many things happening in addition to swimming lessons each day. We look forward to the formal opening of the resurfaced courts tomorrow morning at 8.45am. The students and staff will gather on the courts, rather than in the Undercover Area, at 8.45am. Fr Ed will bless the courts and selected students will be involved in the ceremony. The P & F Executive invite all in our school community to join us for this opening. The line marking - tennis, netball and basketball - has been completed this week and the courts look fantastic. Thanks to the P & F Executive for their leadership and coordination of this very successful project, to the School Board for their contribution of \$10 000 towards the project and to all in our school community who have been involved in organising fundraising events in recent years, and all who supported and contributed to this fundraising. As a school community, we can feel proud of what we have achieved. We look forward to the courts being a great facility for our school community use into the next couple of decades.

Thank you to parents who have assisted with supervision in the change rooms during swimming lessons over the past two weeks. Tomorrow is the last day for lessons and we can see how tired many of the students are, as well as the staff.

Maureen Tully
 Principal

STUDENT AWARDS

YEAR 1	Alek Liaros	Harper Brasher	
YEAR 2	Amahli Lowe	Jherick Babasa	Harry Piacentini
YEAR 3	Ryan Sutton	Chloe MacNeill	
YEAR 4	Jacob Orsi	Ashleen Moore	
YEAR 5	Zac Ivey	Tenika Cross	
YEAR 6	Samuel Kirke	Karis D'Andrea	Sophie MacNeill
A.R. 75%	Joshua Hewison		
A.R. 100%	Brian Pham	Aleesha Zaccagnini	Flynn Smith
PHYS ED 50KM	Kaitlyn Pitts (Kindy)	Milly Patterson	Kace Brand
100KM	Jayden Kelly		



SCHOOL NEWS

[KINDY 2016 ORIENTATION](#)

Next Wednesday, 28 October, we will hold the first Orientation Day for Kindy 2016 families. The second one is on Wednesday 4 November. Students have been divided into two groups and attend one of the sessions. All details have been mailed home to families.

[STUDENTS NOT RETURNING IN 2016](#)

Parents of students in Kindy to Year 5 not returning to St Mary's in 2016 are asked to put this in writing to Mrs Tully by Friday 30 October. We have students on waiting lists for almost all classes, with their parents eager to learn if there is a place available in 2016.

[SCHOOL MASS](#)

Next Wednesday, 28 October, we will celebrate our first school Mass for Term 4. This Mass will celebrate the Feast of All Saints, which is on Sunday 1 November. We invite all families and community members to join us for this Eucharistic celebration.

[SUMMER UNIFORM](#)

With swimming lessons now coming to an end, all students are expected to wear correct summer uniforms from next Monday. Should a student not be able to wear an item of uniform, a signed note from a parent must be given to the teacher, otherwise students will receive a uniform transgression note requesting that the matter be rectified. I ask that parents not challenge the teacher or become affronted by the note but consider that, in signing an enrolment form and accepting a position at St Mary's, you have agreed to and accepted that you will follow school guidelines and policies. I thank you for your support in this matter.

[WOOLWORTHS EARN AND LEARN TOKENS/MUSIC PROGRAM](#)

Thanks to all families who collected these tokens and to the P & F Executive who tallied them. Ms Brown has used these to order musical items to support the Music Program; each class from Pre Primary to Year 6, has a Music lesson with Ms Brown each week. Music is an aspect of The Arts Learning Area of the WA Curriculum and this will be reported on in Semester 2 reports at the end of term.

[KINDERGARTEN HEALTH FORMS](#)

Can parents please return the Kindergarten health forms to the school's front office by Monday 30 November 2015. If there are any queries please contact Jean Friend, the Community/Schools Nurse on 97913493. Thank you.

[SCHOOL DISCO](#)

Thank you to Laura Maratea, Amanda Panuccio and Year 2 parents who are organising and hosting tomorrow night's disco. We Look forward to a happy and fun filled evening.

PARENTS & FRIENDS 2016 CLASS REPRESENTATIVES

Thank you very much to everyone who has kindly offered their valuable time to be a Class Rep in 2016. We still have positions available. If you would like to volunteer for your year group, please contact Sonja Cahill via email at sonja.david@bigpond.com

Class Reps Nominations:

Kindy – Denica Gibbs and Anita Logiudice
Pre Primary – Vacant
Year One – Kristy Richardson and Annaleisha de Chanéet
Year Two – Vacant
Year Three – Jo Spinelli and Jodie Scott
Year Four – Justine Marshall and...
Year Five – Rikki Smith and Brenda Hall
Year Six – Vacant

Executive Nominations:

President – Sonja Cahill
Vice President – Mel Sarre
Secretary – Vacant
Treasurer – Susan Mainstone
Board Rep – Chris Gibbs

BUNBURY YOUNG VOICES

VACANCIES

MUSICAL DIRECTOR

ACCOMPANIST

If you know of anybody interested in fulfilling these roles, please email the Secretary helenbrown.hb@gmail.com or apply in writing to: Secretary, Bunbury Young Voices, PO Box 1739 Bunbury 6230.



MAGGIE DENT - WHY WE NEED TO PRIORITISE PLAY

In this "Maggie Moment", Maggie responds to a Facebook post from a mum who is concerned that her 4 year old is being expected to do paperwork at day care, rather than doing what kids are designed for - play, play, play. She discusses how critical it is for parents to be play advocates for their kids. To view the clip, copy and paste the following link into your browser. From there, select 'videos' from the Free Resources tab, <http://www.maggiedent.com/content/vblog/why-we-need-to-prioritise-play>.

CANTEEN SUPREME NEWS

Please be aware that the SUMMER MENU is the current menu. Please do not order from the winter menu as this menu is no longer applicable. We had 15 orders from the old menu last Friday and it is very time consuming in the morning chasing children to check what they would like for lunch. Copies of the new menu are available from the Canteen or from the school office. Also, please remember that the recess prices have increased from 60 cents to 70 cents and Yummy Drummies are now \$1.30. Our delightful helpers this Friday are Beverly Barry, Jo Spinelli and Jodie Scott and on Wednesday 28th Brenda Hall will be our Canteen Queen.



UNIFORM NOTES

Summer uniform, in its entirety is compulsory from Monday, and any items required are available from the Uniform Shop on Friday mornings between 8.30 and 9.30am.

Don't
forget
Nude



Food Thursdays!

BAPTISM

Children 6 years of age and older who have not been baptized are required to register for baptismal instruction.

Please register as soon as possible before the 15 November 2015. The baptism instruction will take place from 18 November to 9 December 2015. Please collect an enrolment form in the cloister at church or contact the Parish Office for further details 9721 2141.
email: parishadmin1@bunburycatholic.org.au

BOOK CLUB

Issue 7 catalogues have been distributed and any orders are due back on or before Wednesday 28 October.

HPE NEWS

Walk to School Day

Well done to the 46 students and 13 adults who joined in with the Walk to School Day activity yesterday. We gathered at the Big Swamp and had an enjoyable walk to school. Many thanks to staff who assisted; Mrs Webb, Ms Brown, Mrs Illman and Mrs Bonser.



Fitness Fun Friday

Friday at 8am on our 100Club track. All welcome!

Tino Alberti alberti.tino@cathednet.wa.edu.au

HPE Teacher.

INTERSCHOOL NUMERO CHALLENGE

On Tuesday there was an Interschool Numero Challenge which St Mary's were invited to participate in. The teams this year were:

Team 1

Emma Norrish
Sofia Fimognari
Matthew Allan
Samuel Kirke

Team 2

Ethan Luff
Roisin De Coppi
Jack Madaffari
Isabella Marshall

Team 3

Gabriella Lang
Lily Bott
Xavier Hunter
Kayde Waldock

Team 4

Jake Michell
Tenika Cross
Jack Di Lallo
William Pedley

Numero is a mathematical card game that involves skill and technique. The Interschool's Numero Challenge consists of three rounds. Individual challenges, team challenges, card games and then an additional 'scramble'. In some challenges you work on your own or with a group. Some challenges are written and some use the Numero cards. Numero is fun and is a great opportunity to get to work with people as a team. This year St Mary's was fortunate enough to have a team placed third. That team was Team 1 - Emma, Sofia, Samuel and Matthew. It is an honour and a privilege to be chosen in the Numero team. If you ever get the opportunity, take it. Not only is it fun and educational, but it is a great chance to work with people that you wouldn't normally work with. It is a great experience even if you don't get a place.

The Numero Team

SPOOKY Disco

Friday 23rd October
St Mary's School Hall

\$3 entry

Kindy-Year 3
5:15-6:45pm

Year 4-Year 6
7pm-8:30pm

DJ

Return your pre-order bag with
payment by Friday 16th October 2015

Chips 50c
Lolly Bags \$1
\$2 Raffle
Lolly Jar guess 50c
Disco Lights
Face painting
gold coin donation
Chill out zone
50c Lucky Dip
Glow sticks 3 for \$1

Dress up if you dare!!

This week is **National Water Week**. Students have been participating in activities to develop knowledge of water issues so they can become responsible water users.



Our water is too precious to waste!



DID YOU KNOW ?

- About 70% of an adult's body is made up of water
- Water expands by 9% when it freezes
- Frozen water is 9% lighter than water, which is why ice floats
- Hot water freezes faster than cold water
- Sound travels almost 5 times faster underwater than in air.

Water Wise Kindergarten Students



The Kindergarten children collected the water used in the water wall in a tub at the bottom of the wall so that it could be used again. Tubing was also directed to the tub and sometimes was directed at the nearby tree to water it.



What Can I Say To Myself?

Instead of...	Try thinking...
• I'm not good at this.	• What am I missing?
• I'm awesome at this.	• I'm on the right track!
• I give up.	• I'll use some of the strategies we've learned.
• This is too hard.	• This may take some time and effort.
• I can't make this any better.	• I can always improve, so I'll keep trying.
• I just can't do math.	• I'm going to train my brain in Math.
• I made a mistake.	• Mistakes help me to learn better.
• She's so smart. I will never be that smart.	• I'm going to figure out how she does it so I can try it!
• It's good enough.	• Is it really my best work?
• Plan A didn't work.	• Good thing the alphabet has 26 more letters!

MINDSET

Mindset is a concept developed by world-renowned Stanford University psychologist, Carol Dweck, following decades of research on achievement and success. In a fixed mindset, people believe their basic qualities, like their intelligence or talent, are fixed traits. They believe that talent alone creates success, without effort. In a growth mindset, people believe that their most basic abilities can be developed through effort, dedication and hard work. Brains and talent are just the starting point. This view creates a love of learning and a resilience that is essential for great accomplishment. Mindsets are beliefs - beliefs about yourself and your most basic qualities.

Read more about this in Carol Dweck's book - Mindset. At St Mary's, we have begun working with this concept and have been considering how we give feedback and praise and how we respond to students in an effort to develop the mindset that allows our students to thrive and grow and develop greater resilience. We will continue to develop this aspect of our teaching practice. Parents might look at the list on this visual - **What Can I Say to Myself?** - and support their child/children in developing a growth mindset. It is also a challenge for us as adults to consider how our own self-talk is reflected in this visual.

COMMUNITY NEWS

HOW FAR WOULD YOU GO TO STAY TOGETHER?



A screening of 'The Good Lie' (rated M+) will be held at the Parish Hall, St Patricks Cathedral, Bunbury, Tuesday 27 October 2015 at 6.45pm. The film tells the story of a family of orphans who are forced to flee Sudan in search of a new life. After their village is destroyed and their parents killed by Northern militia, Sudanese orphans Theo, his siblings and other survivors make a difficult journey to a refugee camp in Kenya. Thirteen years later, the group gets the chance to settle in the U.S. They are met in Kansas by Carrie Davis (Reese Witherspoon), who has been charged with finding them jobs. Proceeds from this screening will go to the Coalition for Asylum Seekers, Refugees and Detainees (CARAD). Cost \$15 per ticket, snacks, tea, coffee and soft drinks available for purchase.

PLEASE BUY YOUR TICKETS IN ADVANCE ONLINE BY CLICKING THE LINK BELOW.

<http://www.trybooking.com/JIKF>

Further Information: Kieran O'Brien - 0437 905166, consult.kieran@bigpond.com



BUNBURY YOUNG VOICES

Bunbury Young Voices is a prestigious and respected performing group, fostering excellence in singing and offering children a broad choral experience beyond the scope of school music programmes. Members develop skills in vocal and choral techniques, choreography, music reading, rehearsal, performance and the social aspects of being part of a team.

Bunbury Young Voices is open to any young person turning 10 or above in 2016. An information meeting for applicants and their parents/guardians will be held on **Monday 16th November, 2015 at**

5.30pm at St Augustine's Uniting Church, Mangles Street, Bunbury. Auditions will be held on **Saturday 21st November**. The closing date for applications to audition is **Friday 20th November**.

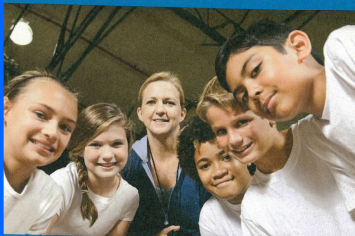
For further information, please contact The Secretary, Ms Helen Brown helenbrown.hb@gmail.com

How does exercise or being active do this?

- Exercise increases blood flow to the cortex of the brain which is associated with memory and problem solving.
- It can stimulate nerve growth and development in the brain.
- It can increase the brain's resistance to injury.



In other words, if you help your children get regular exercise, their brains will be fitter and will work better at school. And when our kids are fitter and do better at school, our whole community wins.



You can find out more about the latest research by reading our publication **Brain Boost: how sport and physical activity enhance children's learning.**



How sport and physical activity helps your kids learn better



Activities such as running, swimming, kicking a footy or playing netball can all help your kids do better at school.

We know this because a lot of researchers in Australia and around the world have been investigating the links between sport, physical activity and academic achievement. Here at the Department of Sport and Recreation, we've done our homework checked it twice and know their findings add up: being active in the playground and on the playing field helps kids perform better in the classroom.

The majority of research points to more physically active children being smarter, because exercise has biological, psychological and social benefits.



"The evidence indicates that regular physical activity is likely to provide children with the optimum physiological condition for maximising learning."

Dr Karen Martin
Research Fellow, School of Population Health, UWA

"In my experience as an educator, there is no question that kids who are physically active are more open to learning."

Stephen Breen
President, Western Australian Primary Principals' Association



Some of the main research findings are:

- ✓ There's a positive link between physical activity and academic achievement.
- ✓ Active boys and girls are more likely to pass exams.
- ✓ Physical activity leads to improvements in maths and reading.
- ✓ Physical activity is likely to provide children with the optimum physiological condition for maximising learning.

On top of that, the research also finds that:

- ✓ Physical activity improves memory, behaviour, concentration and reasoning ability.
- ✓ Children reckon exercise is fun and they welcome the chance to do it at school.
- ✓ Kids who exercise improve their motor skills and their on-task behaviour in lessons.
- ✓ Particularly with girls, the more vigorous the physical activity the more success they will achieve academically.
- ✓ Inactivity is bad for children.

Physical activity enhances cognitive function

improving memory, behaviour, concentration and academic achievement.



Prepared by:
Centre for Sport and Recreation Research, Curtin University, March 2015
www.curtin.edu.au/research/cmrr/

This document is an updated version of:
Martin KE, 2010 Brain Boost Sport and Physical Activity Enhance Children's Learning, The University of Western Australia, Department of Sport and Recreation



Department of Sport and Recreation

Our whole community wins

Our whole community wins



Or for more information go to biggerpicture.dsr.wa.gov.au

Follow us on Twitter @dsrwa

Our whole community wins



JOB VACANCY

Liaison Officer - Parents & Friends Federation of WA

If you're passionate about helping parents and parent communities in Catholic schools, and if you would enjoy a varied and challenging role, then this may be the job for you!

The position is for 21 hours per week, during school terms. Applications close on the 17 November 2015. The full advert and job description can be found on our website www.pff.wa.edu.au.

Initial enquiries can be directed to Shelley Hill on 0428 740 743 or email execoff@pff.wa.edu.au.



<https://www.facebook.com/pffwa>



www.pff.wa.edu.au



9271 5909



103 Wood St, Inglewood, WA 6932

Relationships Australia

OCTOBER - DECEMBER 2015 SEMINARS AND COURSES

BUNBURY

Managing Stress and Anger for Women (6 week course)	Monday mornings commences 26 th Oct	9.30am-12noon	\$120pp
Express Yourself Assertively (morning seminar)	Tues 3 rd November	9.30am-12noon	\$25pp
Family of Origin (morning seminar)	Tues 1 st December	9.30am-12noon	\$25pp

mensplace

SUPPORT FOR MEN

Anger Management for Men (6 week course) Held in Bunbury on a Thursday evening.	Term 4 course commences 29 th Oct.	6.30pm-9.00pm	\$120pp
Dads Raising Girls (evening seminar)	Tuesday 27 th October	6.30pm-9.00pm	\$25pp
Nuts and Bolts of Being a Dad (4 week course)	Tuesday evenings commencing 10 th Nov	6.30pm-9.00pm	\$50pp

Bunbury courses are held at Bunbury Family Relationship Centre (corner of Molloy and Symmons Streets) Bunbury. Access to the Family Relationship Centre is from Symmons Street side of the building.

BUSSELTON

Dads Raising Girls (evening seminar)	Tuesday 3 rd November	6.30pm-9.00pm	\$25pp
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Busseton courses are held at the Busseton Family Relationship Centre - 59 Busset Highway Busseton. Bookings for Busseton courses are made through Relationships Australia Bunbury Branch - Tel: 6164 0566

Telephone 6164 0566 for enquiries.
Email: Bunbury.Education@relationships.wa.org.au
Relationships Australia - Community Education - Bunbury Branch
20 Molloy Street Bunbury WA 6230
Bookings Essential
www.relationshipswa.org.au

SETTING HEALTHY BOUNDARIES

Setting Healthy Boundaries looks at the difference between healthy and unhealthy boundaries and explores skills that help with good boundary setting. Topics include: Defining a boundary in a relationship; Signs of healthy v unhealthy boundaries; Naming emotions; Speaking for Self; Strategy for Change; Emotionally honest communication

MANAGING STRESS AND ANGER FOR WOMEN

Held in an all female group, this 6 week course provides information and strategies for women to learn about and manage their stress and anger. Course aims include: Developing a better understanding of what anger is; Learning to identify what is really underneath your stress and anger; Learning how to communicate and manage your feelings; Learning how to care for your own mental health; Learn ways to deal with other people's anger

EXPRESS YOURSELF ASSERTIVELY

Assertive people respect the rights and needs of themselves and other people equally. This one night seminar looks at: The difference between submissive, aggressive and assertive behaviours; Identifying how these impact on conflict; How assertive attitude/behaviours help conflict resolution; Using 1 Statements to aid communication; Standing up for ourselves in a positive manner.

FAMILY OF ORIGIN

This seminar looks at how the environment in which we were raised in, influences our attitudes, behaviours and values today. It explores how some of these attitudes and behaviours may need to be challenged and possibly replaced.

ANGER MANAGEMENT FOR Men (men only group)

This 6 week course is for men over 18 years, whose outbursts of anger are causing difficulty for them in their relationships and lives, at home and/ at work. Not for people who are in a domestic violence situation.

DADS RAISING GIRLS

Find out how to build a rewarding father-daughter relationship. As the primary male role model in a young girl's life, Dads play an important role in the development of their self-concept and self-esteem. This can often affect how they relate to others as they get older, particularly to boys and men. This workshop will discuss: common myths and mistakes around father-daughter relationships; the importance of the father-daughter relationship; what our daughters need from their dads; practical ways to improve and maintain a positive and rewarding father-daughter relationship.

Stress free food for Christmas



Attend our workshop to:

- enjoy a healthy lunch
- learn how to save on your bills
- have a Christmas treat
- take home a free food hamper.

Date: Friday 30 October 2015
Time: 9.00am to 11.00am
Venue: Child and Parent Centre - Carey Park, Ecclestone Street, Carey Park.

Date: Friday 27 November 2015
Time: 9.00am to 11.00am
Venue: Maidens Park Primary School Westwood Street, Withers.

Register now (bookings for workshop and crèche are essential) on 9721 6991.

Supported by:



In partnership with Investing in our youth inc