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20 October 2016

# St Mary's Catholic Primary School Newsletter

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## IMPORTANT DATES

### October

Thur 20	SWSPA Athletics Years 4 - 6, Hay Park
Fri 21	Young Writers' Workshop BCC Year 7 Orientation Day
<b>Mon 24</b>	<b>In Term Swimming Begins (2 weeks)</b> Kindy Orientation Group 1, 1.30pm - 3pm
Wed 26	Year 6 MYAT Testing 2pm
Thur 27	Kindy Visit Fr Abraham
Fri 28	World Teachers Day Free Dress and Crazy Sock Day
Mon 31	Kindy Orientation Group 2, 1.30pm - 3pm

## Vision Statement

A welcoming faith  
community

We value  
relationships

We pursue excellence  
in learning

We live the Gospel  
message of love

# Dear God...

I know that I'm not perfect, I know sometimes I forget to pray. I know I have questioned my faith. I know I sometimes lose my temper. But, thank you for loving me unconditionally and giving me another day to start over again.

Dear Parents, Students and Friends,

Last week I had the pleasure of travelling to Perth with the Year 5 class and staying overnight at the Zoo. Mrs Alberti did a wonderful job of organising the camp and the students can be commended for their behaviour and enthusiasm for the activities. A more detailed summary is provided further in this newsletter. Special thanks to Mrs Illman, Guy Hall, David Norrish and Luigi De Coppi for joining us and helping with supervision.

At Tuesday night's Board meeting, the Board approved one of the painting quotes to upgrade the Kindy and Pre Primary playground equipment that is in need of a facelift. The work will be carried out over the Christmas holidays. Kim Piacentini has kindly agreed to donate some sand to top up the sandpits and a note went out to Kindy and Pre Primary parents yesterday asking for some helpers to move the sand into the sandpits once it is delivered.

Our new Play Café welcomed several new families at yesterday's session after starting last week. Almost all of next year's Kindy class have now enrolled with 24 students having registered. Mrs Rose Anderson is doing a wonderful job coordinating the activities. With such a positive response we have had to limit Play Café to next year's Kindy students.

At the P & F meeting that followed the Board meeting, Ms Helen Brown presented alongside Eric from Perth ICT, on how St Mary's will implement Chromebooks into the Year 4 classroom next year. Parents are being asked to pay for the computers over three years and the Chromebooks will be owned outright by the parents when their children finish Year 6. The cost averages out at \$140 a year and there will be a \$100 a year levy to cover the annual insurance costs. I would like to thank Ms Brown for her presentation and the work she has done behind the scenes over many months in researching the best option and finding the best price.

During the P & F meeting, Chris Gibbs showed the results of the P & F survey which 100 families completed. The survey gives valuable feedback with many parents taking the opportunity to congratulate the P & F on the work they have done to raise funds for the school and help develop a strong sense of community. The survey highlighted an interest in Before and After School Care which will be investigated further.

At the P & F meeting, those present approved about \$5500 worth of resources for classrooms. Much of the money will be used to upgrade reading books as part of the P & F's initiative to ensure that classrooms have a range of books for students to choose from for the AR reading program.

I will be away in Weeks 5 and 6 of term as I will be travelling to New Zealand with a group of 15 WA Catholic School Principals to visit schools and work with some of New Zealand's leading educators and sporting coaches. The tour was arranged early this year and the costs are covered by the Catholic Education Office. Ms Helen Brown will be Acting Principal while I am away.

Paul Cronin  
Principal

### HOLY YEAR OF MERCY PRAYER

Lord, Jesus Christ,  
You have taught us to be  
merciful  
like the heavenly Father,  
and have taught us that  
whoever sees you, sees  
God.  
Show us your face  
so that we may be  
saved.  
Amen



## STUDENT AWARDS

YEAR 1	Angus Brown	Seton Do	Lewis Evans
YEAR 2	Zachary Bemrose	Emmi Cahill	
YEAR 3	Rubee Males		
YEAR 4	Harry Jones	Maddison Cream	
YEAR 5	- no awards this week -		
YEAR 6	Riley Carter	Tom Steele	
A.R. 75%	Jedd Patterson	Gabriella Lang	
A.R. 100%	Sanjan O'Brien	Bridie Kelly	
A.R. 2nd 100%	Maddison Cream		
PHYS ED 50KM	Frances Best	Jade Turpin	Gabriella Lang Zak Ivey
	Jarrad Italiano	Evan Crowley	
PHYS ED 100KM	William Pedley	Xavier Hunter	Maya Lubcke



## SCHOOL NEWS

### FREE DRESS AND CRAZY SOCK DAY

To assist the Catholic Mission's Socktober and Brother Ollie's Wheelchairs for Kids initiatives, St Mary's will be holding a Free Dress and Crazy Sock Day on Friday 28 October. Children are encouraged to wear crazy socks and free dress on the day and bring a gold coin donation to support those children disadvantaged through poverty and disability. We will share the proceeds and forward the funds to these two worthwhile charities.

### ST VINCENT DE PAUL COLLECTION

In the spirit of Mercy and compassion for those less fortunate than ourselves, St Marys will be collecting non-perishable goods and/or gifts for those in our community in need this Christmas Season. Families are asked to donate goods or a gift for someone and place them in the boxes in each classroom. This appeal will commence on Monday 14 November and conclude with the presentation to a representative from St Vincent de Paul at an assembly.

### BOOK CLUB

Issue 7 orders are due by Thursday 20 October 2016.

### UNIFORM SHOP

The Uniform Shop is open on Friday mornings from 8.30am to 9.30am for all your uniform requirements. Please take the time to review your summer uniform requirements for the 2017 school year and place your orders as soon as possible so supplies can be ordered. Kindergarten children who will be attending Pre Primary in 2017, will be able to order their uniforms on Friday 4 November between 8.30am and 9.30am in the Playgroup Room and the Uniform Shop will be closed that day. Parents of Pre Primary children will have their uniform order day on Wednesday 9 November between 2pm and 3pm in the Kindergarten room.

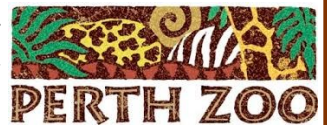
**REMINDER!!**

**IN TERM SWIMMING BEGINS  
MONDAY 24 OCTOBER**

## YEAR 5 ZOO CAMP



We were excited to be going on the bus to Perth. When we got on the bus, we chose who we wanted to sit next to. If you were on the right side of the bus, you got what was like an Mp3 player where you could plug your earphones or headphones in and listen to different channels. It took 3 hours to Perth because we had to stop at places such as the airport. Once we hopped off the bus we knew there was so much to be done. (James, Adam and Kace)





The Mint is truly a fascinating place. When we went there we saw many amazing things. We saw the world's largest coin which weighed 1 tonne and was 99.99% pure gold. Then we went to the gold pour where we learnt how they make gold bars, it was really interesting. Gold was melted at over 1000 degrees Celsius. Then it was taken out by a large pair of tongs and placed on a table. Then it was poured using another pair of tongs. The gold glowed like the sun. After 30 seconds, it became solid and the man placed it on another table to let it cool down. Then he showed us the gold bar and then we left. Next, we went into a small room where we attempted to lift a gold bar. It was very difficult. Then we saw a movie about people stealing gold. You should definitely consider coming to the Mint. It's very interesting and I'm sure you'll learn a lot.

*(Liam and Aidan)*



While exploring Perth, we came across a number of different statues. The first statues we saw were the Footsteps in Time statues that represent the people who helped make Perth through the years. We took photos with all the statues. Then we looked at the statue of Percy Button doing a handstand. We also looked at Alexander Forrest at the Stirling Gardens. Alexander Forrest was holding an old fashioned compass in his left hand. While we were at the Stirling Gardens we also looked at the Pen Nibs. These statues helped us learn about the history of Perth.

*(Elena and Milly)*

The Bell Tower is 85m above sea level and is made of glass. It is used for ringing bells. The Bell Tower consists of 6 floors and on the third there is a rope which you can pull and tug so the bells would ring and we all had the pleasure of ringing the 700 year old bells. We climbed to the viewing tower (level 6) where we gazed across the Swan River. Then we went downstairs to wind the clock in the lobby. It was really heavy. Overall, the Bell Tower was an extremely interesting and fun experience and we all loved every bit of it.

*(Daniel and Flynn)*



On zoo camp we went on two ferries over the Swan River. It was very exciting for some people because some of us had never been on a ferry. There were pictures of the Perth Zoo on the ferry; what a coincidence! While on the ferry, most of us talked to our friends. The ride on the ferry was a lot of fun!

*(Ned and Jayden)*

We came to the Stirling Gardens to have a rest. We were allowed to play chasey there. Some of us didn't play but most of the boys and girls did. To choose who was it, we did last one to the tree. We also played chasey after dinner, and the girls decided to challenge the boys to a dance off. It was mostly a half - dance off because no one really did it. Everyone enjoyed the free time but it was tiring as well.

*(Ashleen and Milly)*



On the first day at the zoo we played Race to Save. It is a game where you have a crossword and you race around the zoo to find clues and fill in the crossword. They were placed at endangered animals enclosures. One of the answers you had to work it out without using the signs as it wasn't there any way. Race to Save is a way to explore the zoo, but not as thoroughly as you would when just visiting the zoo. If I could repeat and activity again, I would choose the race to save.

*(Aleesha and Molly)*

At the zoo during the night, we went to the reptile room. In the reptile room there were snakes and lizards. During the time at the reptile room we played a game of accommodation, where we got cards with animal habitats and other cards with animals on them; we had to match the animal habitat with the right animal. Then our keeper Joan let us pat the Bearded Dragon called Buster. Buster's skin was rough but soft. We had a great time looking at the reptiles but we had to go back to the barn to get ready for the night walk.

*(Rory and Alexis)*





We made an enrichment activity for the birds to eat. Firstly, we tied a string around the end of a pine cone and stuffed it with fruit. Then, the next day we hung it up in the bird aviary. When we gave them to the birds, a few of the birds went straight for them and devoured the fruit, others backed off. This activity was sticky and messy but really fun.  
(Jai and Caitlyn)



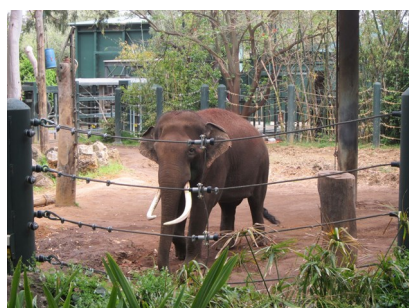
The night walk was at 10pm and it was the last thing we did before bed. We went through the African Savannah. We went behind the "Staff Only" gate to try and see the zebras, but we couldn't find any. We saw the tortoises. They were asleep, so we didn't see much. The Night walk was very long and tiring. (Lochlan and Aidin)



When we got to the zoo, we went to a barn. We slept on comfortable mattresses with our sleeping bags on them. The girls slept in the back left, boys on the right and adults everywhere else. The rain woke us up because it bucketed down on the roof. A few people snored and one of our friends was sleep talking. The barn was really nice to sleep in. (Elijah and Raymond)



The next day, we explored the zoo. We got into groups of about 5, and went to an adult leader. We walked briskly because we only had one and half hours. We got to see most of the animals. We really enjoyed Simmo the crocodile. We saw the penguins get fed and played a game before we went. It was a lot of fun. (Sarah and Charlee)



On the last day of camp several groups went to see the Elephant Show. It began at 10am. This is a show run by the Bull Elephant. At the show he performed lots of tricks, for example rolling over a big log, spraying water out of his trunk and lots more. This was amazing and interesting to watch. (Max and Jacob)



**We arrived back in Bunbury exhausted, but ready to share our experiences with our families. Camp was an educational but fun experience.**

What a fantastic sight it was seeing over 70 enthusiastic **INTERSCHOOL NUMERO CHALLENGE** mathematicians at work in our school hall on Tuesday. 18 teams of students from various schools participated in the Numero Challenge. Throughout the morning there was a continuous buzz, as the students solved challenges and played games against each other. St Mary's entered 4 teams, 3 of which were placed in the top six; a fantastic result. Numero Nerds, consisting of Molly, Jai, Jacob and Kace took third place overall. Well done to all competitors.  
Gillian Alberti



# FRIDAY JUNIORS GAME FACE COMPETITION



**BUNBURY TENNIS CLUB**

**FRIDAY  
COMPETITION  
STARTS UP AGAIN  
14<sup>TH</sup> OCTOBER  
4-6PM**

Every Friday from 4pm - 6pm  
starting 14th October.  
Competition suitable for  
**ALL LEVELS** of playing ability.  
Modified matches and equipment will  
be available for the younger players.  
Parents and families welcome  
BBQ and Bar will be open  
PRIZES / fun activities.

**BRING YOUR GAME FACE**

 FOLLOW US ON FACEBOOK:  
**Bunbury Tennis Juniors**



Register on FB or just turn up on the day to join in.  
Phone: 0419913294  
Email: [andrew@tennisexcellence.com.au](mailto:andrew@tennisexcellence.com.au)

## FIFO Focused Finances

You are invited to attend a free workshop to learn more about managing and planning your finances, proudly presented by Anglicare Financial Counselling, Child and Parent Centre – Carey Park, and Ngala, with the support of Rio Tinto and WACOSS. This workshop is part of the FIFO Focused Communities programme.

The workshop will cover:

- A financial health check
- Managing debt and credit
- Insurance and superannuation
- Budgeting tips and assistance
- Useful online resources

**Date:** Monday 7 November 2016

**When:** 12.30pm – 2.30pm

**Where:** Child and Parent Centre  
Ecclestone Street  
Carey Park

**RSVP:** Contact Child and Parent Centre on 08 9721 6991 or  
[cpccp@investinginouryouth.com.au](mailto:cpccp@investinginouryouth.com.au) by Thursday 3 November 2016

Crèche available upon request. Light refreshments will be provided.

## Child and Parent Centre

presents

### Ngala's And So To Sleep

6 months to 3 years

This workshop explores children's sleep patterns and rhythms which evolve as their brain continues to make sense of their world. With increased independence, managing toddlers sleep needs can be challenging. Participants will explore and help identify both the parent's and child's role in relation to sleep and nutritional requirements for this age group.

**Date:** Monday 7 November 2016  
**Time:** 9.30am to 11.30am  
**Venue:** Dalyellup Primary School,  
14 Hartog Road, Dalyellup  
**RSVP:** Child and Parent Centre  
Phone 9721 6991 or email  
[cpccp@investinginouryouth.com.au](mailto:cpccp@investinginouryouth.com.au)

**Bookings for workshop and crèche are essential.**

Supported by

## Studio of Classical & Contemporary Dance Concert 2016



Saturday 26<sup>th</sup> November 2pm & 7pm concerts  
held at the Bunbury Regional Entertainment Centre

Online purchase of tickets starts from 7pm Sunday 30<sup>th</sup> Oct  
[www.bunburyentertainment.com](http://www.bunburyentertainment.com)  
Over the counter sales available at BREC BOX OFFICE from 9am  
Monday 31<sup>st</sup> Oct





## Tips to help you and your child through exam stress

It is a real test of parenting when there is an exam student in the house – the date of the WACE exams can evoke feelings of rising anxiety – in students and in their parents! It can be very difficult to stay detached from all the talk about ATAR, what course your child is hoping to do and at which university.

Unfortunately, parents often unintentionally add to this stress by allowing themselves to become consumed with the whole process – or on the other end of the scale by being too laid back which may come across as not caring. What's needed here is a balance and realistic expectations.

When the WACE exams are just around the corner all parents can do is to support their children, reinforce our confidence in them and make it very clear that **we do not think they are defined by their exam results.**

### Calmness

- Easier said than done... however, parents have the ability to create a calm environment to study in which includes being comfortable, well-lit and quiet. If possible don't arrange 'playdates' for younger (or older siblings) during this couple of weeks pre and during exams.

### Perspective

- It is exceptionally important that we reiterate with our children that we will love them no matter what and that unexpected exam results will not change that. There are many many ways in which they can achieve their goals and WACE exams are only one of those ways.

### Routine

- Keeping to a normal routine is important for both parents and children. Parents who take time off work to 'be there' can actually add to the anxiety by placing an added layer of angst. As for your child, he/she will still enjoy the bus-trip home from school, catching up with friends and taking their mind of studying for a short period.
- Having said all this, parents being available to provide some additional practical support at this time such as a lift somewhere or a comforting word will do no harm.
- It is also a good idea to encourage your child to continue to attend school until exam time. They may use excuses like 'it's easier to study at home' but realistically they are probably better to be at school where they will have the support network of their peers and teachers.

### Venting

- As is common with most people who experience periodic times of stress, your child will be more likely to let off steam by venting on those closest to them, often their parents. This should not be taken personally so try to be the parent who walks away, takes a deep breath and lets it slide. It will all be over sooner than you think!

### Vulnerability

- Keep an eye out on how your child deals with the 'mock' exams. This may provide some indications on how they will deal with the WACE exams. Most children will deal with stress of exams even though some will do it better than others. It is worth being aware however that problems may arise if your child has had additional trauma in the year leading up to the exam. Stresses such as loss, relationship breakdown or difficulties with friends can add to the levels of anxiety around exam time. Mock exams will alert you on how to approach the WACE exams. Reaffirm that exam results do not define who you are.
- A good life balance where your child continues with their sport and seeing their friends will contribute to their wellbeing and help alleviate the stress. Exercise as with all of us is vital. It is important to try and reduce your child's stress levels and not add to them. Too much stress can stop them from reaching their potential by affecting the way their brain recalls and applies information.

### Sleep

- A good night's sleep is paramount (and not just at exam time). Even if your child normally has a device such as a phone in their room at night (never a good idea for anyone) suggest that it is left in another room during this time. The distraction of technology at night is not conducive to a good night's sleep. Suggest some ways for your child to wind down before bed such as having a warm bath, reading a few pages of a book (other than a text book) meditation or prayer.

### Brain Food

- A balanced diet is essential for all our children, all the time but absolutely vital at exam time. Diets including lots of brain food like nuts, seeds and oily fish are particularly beneficial at this time. As parents we can prepare in advance by ensuring that there are healthy snacks available within seconds (!!) as this will stop the constant trek to and from the biscuit barrel.

**And remember that although exams may be a necessary evil, they do not and never will define who your child is – please make sure your child knows this.**