

Mater Christi Catholic Primary School

Volume 13

13th May 2016



Dear Parents & Caregivers



This Sunday we celebrate the great feast of Pentecost. The English word Pentecost means fifty. The feast of Pentecost is celebrated 50 days after Easter Sunday. The coming of the Holy Spirit changed everything. It filled the disciples with spiritual attributes that transformed them from scared and meek individuals to people filled with courage and wisdom and united them in love to actively proclaim and live out the Good

News. This same Holy Spirit is poured into us so we too, like the disciples, can be courageous, compassionate and generous. Just like on the day of Pentecost the Spirit works within our common everyday life that sometimes can be hard to comprehend. Without the Holy Spirit, God remains far away, Jesus stays in the past and the Gospel is not lived.

When the day of Pentecost came, they were all together in one place. Suddenly a sound like the blowing of a violent wind came from heaven and filled the whole house where they were sitting.

They saw what seemed to be tongues of fire that separated and came to rest on each of them.

All of them were filled with the Holy Spirit and began to speak in other tongues as the Spirit enabled them.

Acts 2:1-4 (NIV)

We pray for all the 117 young people from our Parish as they receive the Sacrament of Confirmation this weekend. May the Holy Spirit strengthen them as they give witness to their faith.

SEE You THERE

WHEN: Tuesday May 24 at 9am

WHERE: Mater Christi Church

EVENT: Fr Bryan's Farewell

Today we were enthusiastically entertained by the terrific Year Twos' with an Aussie version of Cinderella. The confident readers, colourful Australian animals, handsome shearers and ever beautiful sheilas all made for a great Assembly. Thank you so much to the Year Two children and their creative teachers. It was delightful!

Dates for Next Week

Monday 16th May	9am Mass (5B)
Tuesday 17th May	9am Mass (5C) Yr 2/3 Numero Incursion 7pm Board Meeting
Wednesday 18th May	School Banking Uniform Shop Open 8am to 10.30am 1.20pm to 3.20pm
Thursday 19th May	9am Mass (1C) Yr 5 StartSmart Commonwealth Bank Incursion 9-11.45am Yr 5 CSL (Frank Prendergast)
Friday 20th May	9am Mass 4B

Saturday 21th May

Sunday 22th May

The following information relates to the importance of having breakfast each day – it is vital for everyone especially for young growing children.

Why breakfast is important

Breakfast gives children the energy they need to handle their busy days. Children who eat a healthy breakfast go longer without feeling hungry. This means they can concentrate on playing, learning, remembering and solving problems. Research shows that a healthy breakfast can help children perform better at school. Breakfast eaters also tend to:

- have better school attendance than those who regularly skip breakfast
- be more emotionally healthy than non-breakfast eaters
- be less likely to snack on sugary or fatty foods, which helps them stay at a healthy weight.

What a healthy breakfast looks like

A healthy breakfast needs to have a balance of carbs; protein and fat to keep energy levels steady all morning. School-age kids and teenagers might like to choose from options such as porridge, muesli, low-sugar wholegrain cereal, boiled eggs, omelettes, wholegrain toast, fruit and natural yoghurt. Choosing healthy foods and eating enough breakfast will help your child get through the morning. Highly processed, sugary cereals won't give them as much energy and will make them feel hungry sooner.

Nutritional benefits of breakfast

Human bodies make energy from carbohydrates, breaking them down into a sugar called glucose. After a night without food, your body has used up this glucose. It starts to use stores of energy from your muscles instead, like glycogen and fatty acids. This is why we need a fuel top-up before we tackle the day.

Eating breakfast will give your child energy and get their metabolism started. It will help their body use the food they eat more efficiently throughout the day. Also, children who miss breakfast don't 'catch up' on those missed nutrients during the rest of the day.

Adapted from Raising Children Network.

Please keep in your prayers: The Toomey family on their sad loss of baby Imogen and Mrs Leavy on the loss of her father. There are many in our community requiring prayers, a smile, a hug or even a gentle touch.

Lord, in your mercy bring comfort and strength to all.



God Bless.... Toni Kalat

Did you know that?

- Lachlan Collins (6B) made the State School Boys team for soccer.
 - Ashton Rebelo and Luke Hewings (6C) made the train-on squad.
 - Madison Loreto (6B) has been selected to perform in the pre-show at the Disney on Ice – magical Ice Show at the Perth Arena on 3 June 2016. Madison was one of 20 skaters to be chosen from WA.
- Congratulations to all our very special young people. What a great achievement!

Religious Education

Come Holy Spirit

Come Holy Spirit, fill the hearts of your faithful and kindle in them the fire of your love. Send forth your Spirit and they shall be created.

And you shall renew the face of the earth. O, God who by the light of the Holy Spirit, did instruct the hearts of the faithful, grant that by the same Holy Spirit we may by truly wise and ever enjoy His consolations, Through Christ Our Lord, Amen.

Confirmation Masses

This weekend we celebrate the Sacrament of Confirmation at Mater Christi. Please keep all of our Year Six students in your prayers at this special time.

Best Wishes

Courtney Dunsire
Assistant Principal



Walk Safely To School Day

Walk Safely to School Day is an annual, national event when all Primary School children will be encouraged to walk and commute safely to school. It is a Community Event seeking to promote Road Safety, Health, Public Transport and the Environment.

It will be held throughout Australia on Friday 20 May 2016

The objectives of WSTSD are:

- To encourage parents and carers to walk to school with primary school age children and reinforce safe pedestrian behaviour.
- To promote the health benefits of walking and help create regular walking habits at an early age.
- To ensure that children up to 10 years old hold an adult's hand when crossing the road.
- To help children develop the vital road-crossing skills they will need as they become mature pedestrians.
- To reduce the car dependency habits that are being created at an early age and which will be difficult to change as children become adults.
- To promote the use of Public Transport.
- To reduce the level of air pollution created by motor vehicles.
- To reduce the level of traffic congestion.

We encourage as many families as possible to participate in our Walk Safely to School Day. The details are as follows:

DATE: Friday 20th May 2016

TIME: Meet at 7.50am for an 8.00am departure

WHERE: Meet at West and Fresh Seafood Carpark, next to Tony Ale's Fruit and Vegetable Market, 66 Hammond Rd

WHAT TO WEAR: Sports Uniform, school hat and sunscreen.

Parents/ Carers are invited to walk with the students to school to promote and encourage a healthy lifestyle. Teachers will be there to help facilitate and support where required.

Thanks

Nicole Cloutt

Assistant Principal



Mothers' Day Stall



Thanks you Mothers' Day Stall Helpers –

Bev Sweetman, Luke Jameson, Richard Park, Shane Simons, Loretta Formato, Christine Cripps, Mel Babich, Adriana Galipo, Michelle Hall, Brad Treasure, Belinda Stokes, John Dawson, Michelle Bradford, Allen Duffin, Linda Corlett, Mario Murtagh, Francois Langlois, Nicole Cloutt, Teresa Lawson and Karen Simons



Parish News

Sacramental Program

Confirmation

Thank you to all the Confirmation candidates, sponsors and parents who attended the Confirmation practises during the week.



Confirmation Mass times for this weekend are as follows:

- **Saturday, 14th May at 6pm**
- **Sunday, 15th May at 10am & 3pm**

P&F News

The P&F will be hosting the morning tea after Fr Bryan's farewell Mass at 9am on Tuesday 24 May. If you are able to help with providing a plate of food, it would be greatly appreciated. Please email our Food Coordinator Mel Babich at melbabs79@gmail.com to let her know if you are able to bring a savoury or sweet plate. We kindly ask that food be placed on a disposable plate and dropped at the MCCC kitchen before Mass.

PFFWA - Parents & Friends Federation of WA State Conference

The P&F would like two parents to attend the conference on Saturday 21st May at The Astral, Crown Perth, Burswood. Your ticket will be paid for by P&F. There are some wonderful speakers including Peter Bell (former AFL Captain, Fremantle Dockers), Dr Tim McDonald (Executive Director, Catholic Education WA) and both The Minister for Education Peter Collier MLC and the Shadow Minister Sue Ellery MLC. Please note that the P&F will pay for the first two people who confirm their attendance at the conference. Please email Leonie Jones on dj.lones@westnet.com.au to express your interest.

The P&F committee are looking to improve the current Mater Christi Parents' Business Directory. This will be available as an online resource and in the parent information section in the school library. If you wish for your business to be included in this free directory, please email Michelle Hall at michellehall080@gmail.com with the following information -

Business name, product or service, Phone number, Website, Facebook/Instagram/Twitter or other social media info, logo if you have one, any other brief information you'd like to include about your business.

AUSTRALIA'S BIGGEST MORNING TEA

On behalf of the P&F, Karen Simons is organising this year's 'Australia's Biggest Morning Tea' at Mater Christi for Friday 10th June (Term Two). Please contact Karen on 0400 859 091 or at tassie47@hotmail.com if you can help with donations for raffle prizes.

P&F News Con't

CLASS REP EVENTS

- **KD – Friday 20th May – 7pm**
Dragon Place
RSVP to your Class Rep or communication board
- **PPA – Wednesday 25th May – After School Drop off 9am**
Coffee at Dome, opposite Gateway, Success
RSVP to your Class Rep
- **1A – Thursday 26th May – 7pm**
The Quarie, 2 Macquarie Blv, Hammond Park.
RSVP to your Class Rep
- **1B – Friday 27th May – 12pm**
Lunch, The Pizza Lounge, Swanbourne.
RSVP to your Class Rep by 20th May 16
- **2A – Tuesday 17th May – 7.30pm**
Dinner, Café Nocello, Wentworth Parade, Success
RSVP to your Class Rep by 13th May 16
- **2C – Tuesday 26th May – After School Drop Off**
Breakfast, Walters River Café, Honour Avenue, Bicton
RSVP to your Class Rep by 23rd May 16

The P&F office bearers for 2016 are:

Teresa Lawson (President)
Karen Simons (Vice President and Board Rep)
Belinda Weeks (Secretary)
Belinda Stokes (Treasurer)
Leonie Jones (Class Rep Coord)
Michelle Hall (Sun Smart Rep)
Marina Hayward (Parish Rep)

Any comments, suggestions or queries are warmly welcome.

Please contact us on: pandf@mcps.wa.edu.au

Kindy 2018 Interviews take place this Term

Interviews for children commencing Four Year Old Kindergarten in 2018 will take place from the 8th June, 2016.

This interview will cover those wishing to enrol their child in the Three year old programme also.

If you have a child starting school in 2018 we invite you to visit our website ww.mcps.wa.edu.au or drop in to the Administration Office at 340 Yangebup Road, Yangebup for an application form.

Canteen

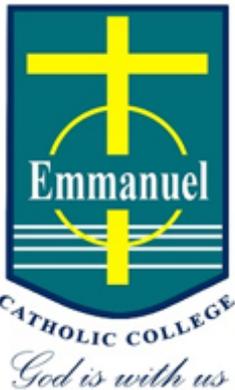
We now have some delicious new additions to our winter menu! Items include

- Butter chicken served with rice \$4.00
- Popcorn Chicken Wrap with sauce & cheese toasted \$3.50
- Spinach & ricotta rolls \$3.00
- Hot Chocolate \$2.00
- Milo \$2.00

We have also changed our Slushy provider to a local franchise from Mad Slush. Their products are all natural flavours and colours and are made with 99% fruit juice.

Our delicious menu is available online at Our Online Canteen or on the school webpage. If you have any questions or would like to volunteer any of your time to help out in the canteen, please come and see either Heidi or Joh. We hope to see you soon!

2017 and 2018 Enrolments at Emmanuel



Places for Year Seven 2017 are now full, however we are still interviewing families who wish to go onto our waiting list to attend Emmanuel.

Year Seven 2018 interviews are now underway and due to the large number of applications we have received we envisage that places will be full by the end of the Semester. If there are any Siblings who haven't applied as yet, they would need to submit an application as a matter of urgency.

Applications can be downloaded from our website www.emmanuel.wa.edu.au

For further information please call our Registrar, Mrs Kelly Lister, on 9414 4055 or email enrolments@emmanuel.wa.edu.au

After School Sport

This term will see the Afterschool Sports Club participating in BOWLS! This underrated game is a great opportunity for children of all sporting abilities.

Below are the times for each session. If you are yet to sign up, please see Mrs Williamson 6C.

Year 4-6 Monday 3:30-4:15	Year 1-3 Thursday 3:30-4:15
16 th May	19 th May
23 rd May	26 th May
30 th May	9 th June



Who is a Young Carer? Young carers are people under the age of 26 years, who help look after a family member who needs extra support at home. The person they care for may have a disability, mental illness, a drug or alcohol problem or a long term illness

Key Dates: Entries open Saturday 25th June & close Sunday 7th August 2016.

Theme – Portray the role and/or feeling of being a young carer

Prizes:

Young Carer & Non Carer 8-15yrs winners:
Up to the value of \$400, a choice of ipad mini or Drone

Young Carer & Non Carer 16-25 winners:
Up to the value of \$400, a choice of Dr Beats Headphones or Red Balloon Gift Card
The runner up prize for each category is a UE Boom 2 Wireless Speaker

For more information, full terms and conditions, or to download an application form, please visit the Young Carers WA website.

www.youngcarerswa.asn.au
1300 227 377