

# Mater Christi Catholic Primary School Newsletter

Volume 2



14 February 2020



## **SCHOOL MANTRA 2020**

*"Do small things, with great love". Mother Teresa*

Dear Families

Thank you very much to all the parents who were able to come along to our Family Engagement Evening last Tuesday. Working together for the wellbeing and development of our children is the focus of our partnership as educators and this is a strength at our school.

The attendance at the P&F Meeting on the same night was outstanding. Your participation and generosity of spirit is very evident at Mater Christi. I hope that throughout the year you will be able to choose 'just one thing' to commit to and help out in any capacity.

Parents in Years Three, Four and Six would be aware that **Sacramental Enrolment Forms** are available for collection before any of the Masses this weekend.

Next Friday 21 February, all families are invited to the **Whole School Mass** where we will acknowledge and bless our 2020 Student Leaders as well as asks God's blessing on the year ahead. Mass will commence at 9am.

## **Dates for Next Week (Week 3)**

Monday  
17<sup>th</sup> February

Swimming Trials (Yr 4-6)  
Cockburn ARC

Tuesday  
18<sup>th</sup> February

Edudance PP-6  
7pm Board Meeting

Wednesday  
19<sup>th</sup> February

Edudance PP-6 (Make-up  
lesson)

### **School banking**

### **Uniform Shop Open**

**8:00-10:30am**

**1:20-3:20pm**

Thursday  
20<sup>th</sup> February

Edudance PP-6

Friday  
21<sup>st</sup> February

9am Whole School Mass –  
Blessing of the Student  
Leaders & Distribution of  
Badges

Saturday  
22<sup>nd</sup> February

6pm Mater Christi  
Commissioning Mass –  
Staff/Board & P&F Executive  
Return of Sacramental  
Enrolment Forms

Sunday  
23<sup>rd</sup> February

Return of Sacramental  
Enrolment Forms 8am, 10am,  
5pm Mass

Mater Christi Catholic Primary School  
340 Yangebup Road  
Yangebup WA 6164  
PO Box 3077 Success WA 6964

Telephone: (08) 6173 9000  
Email: [admin@mcps.wa.edu.au](mailto:admin@mcps.wa.edu.au)  
Absentees Email: [absentees@mcps.wa.edu.au](mailto:absentees@mcps.wa.edu.au)  
Website: [www.mcps.wa.edu.au](http://www.mcps.wa.edu.au)

Mr O'Reilly (6A) has volunteered to be one of four teachers from Emmanuel College, Hammond Park and Mater Christi Catholic Primary Schools to participate in a **Community Cross Cultural Experience** at the Catholic School in **Warmun** (East Kimberley school) for all of next week. He has the role of PE Teacher for the week. This Cross-Cultural Experience will enable the staff from the school to travel to Broome and attend a week of professional development. This is one small way that metro schools are able to assist Kimberley schools. Jacob is wholeheartedly looking forward to his visit and in growing his cultural knowledge of the people and the land. I know that he will have an inspiring experience. We all wish him the very best and look forward to hearing all about his adventures. *'Have you got the sunscreen, hat and insect repellent Jacob?'*

### **Now**

Jesus spent his first thirty years learning, growing, maturing.

He developed the central message of his life: calling people to expand their thinking and vision beyond themselves and their worries and fears, to making the world a better place, to live a life that was bigger than their individual self.

Having spent that time preparing and waiting to begin his public ministry, at the age of thirty Jesus heard the call from The Father: "Now"

Now is the time for my vision to expand to the bigger us:

To move from  
Delay to decision  
Ideas to improvement  
Hope to happening  
Fear to fundamental change  
Holding back to helping out  
Fear to courage  
Doubt to Faith

Valuing excellence to pursuing excellence

Now is the time to move from thinking about God to building a deep relationship.

Now is the time to move from empathy about the plight of others to acting to improve their lot.

Now is the time to move from worrying about my well-being to change, really change how I treat myself.

Now is the time to move from fearing about climate change to supporting the environment.

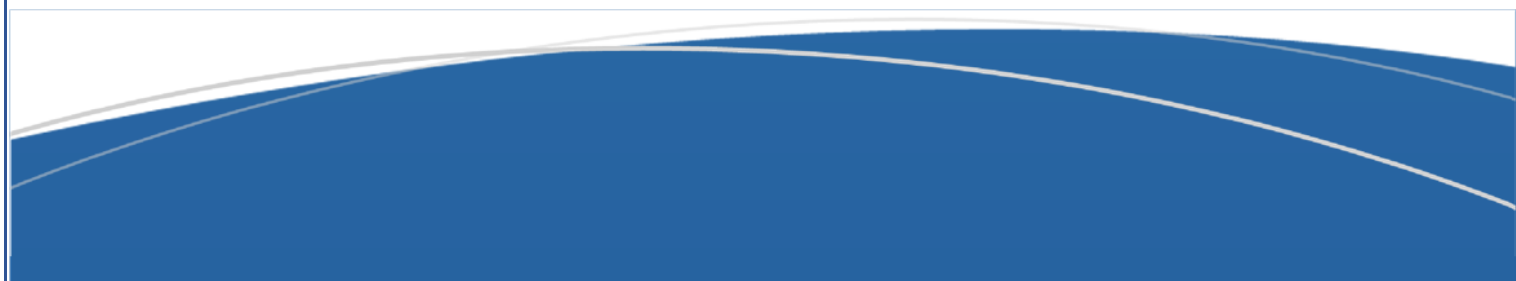
Now is the time to move from being a Christian by name to living a Jesus-filled life.

Now is the time to focus not on the small me but the bigger us.

Now is the time.

*Reflection: How does each of us model the 'Us' rather than the 'Me' at Mater Christi?*

God Bless,  
Toni Kalat



### Save the Date!

**Karen Young**, a well renowned Australian psychologist will be presenting at MCCC on Thursday 27<sup>th</sup> February. We encourage all parents to attend this fantastic opportunity. The following is from her website '**Hey Sigmund**'.

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#### **5 Simple Ways to Build Resilience and Well-Being in Children**

(by Dr Hazel Harrison)

Although we can't stop all mental health problems, we can help children and young people to develop habits that build their wellbeing and resilience. But these habits can't exist on their own. They need to grow out of strong, supportive, nurturing relationships that children can develop with their parents, caregivers and teachers.

Here are 5 ways for building wellbeing, all of them will be more powerful when done with your child, becoming habits you do together, and integrating them into your everyday lives:

##### **Be yourself.**

Helping children to recognise their character strengths is a great way to build their confidence and appreciate the uniqueness they bring to the world. By shifting the focus from the things, they can't do to what they can, you emphasise the positive aspects of their character. Character strengths aren't dependant on an outcome, a grade or a particular achievement; they're the core virtues that make us who we are.

##### **Be grateful.**

It can be easy to feel other people's lives are better than our own, especially when we're bombarded with perfect images on social media. We can get stuck thinking others are more beautiful, have more money and fun, or simply 'have more'. And children are just as susceptible as adults to this comparison trap. So how can we help them (and ourselves)?

One idea is to bring attention to what's working well in your/their life by developing gratitude skills. Here are three ways to do this:

- *Start a gratitude jar*
- *Write a gratitude journal*
- *Have a gratitude conversation*

Building gratitude habits doesn't mean we diminish, or lack a response to, the struggles and difficult moments that children experience. These moments are really important to talk about too. But, having a time in the day when you focus on the positive can be useful in helping children to keep their thoughts balanced.

##### **Be mindful.**

Our minds can be very busy, getting pulled into thinking about the past or worrying about the future. Finding ways to focus on what's happening in the present moment is another way to build your child's wellbeing.

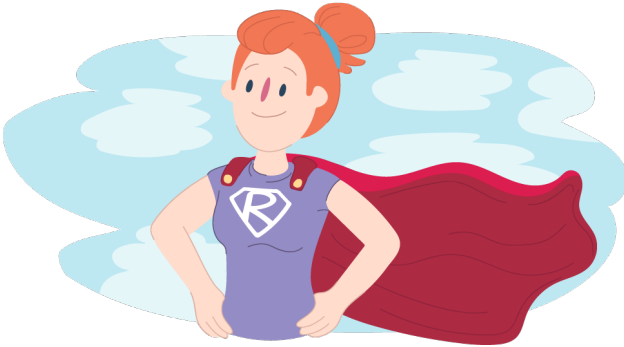


### **Be kind.**

Kindness is a win-win for wellbeing. The research shows us that when we're kind to others, we not only boost each recipient's wellbeing; it tends to have the same effect on our own sense of wellness too. Being kind can help us connect with others, and our relationships play a crucial role in our mental health and wellbeing in the long term. There are hundreds of ways children and adults can show kindness – every day. And it can be fun to sometimes turn these acts into larger events, to really emphasise their importance and value.

### **Nurture a growth mindset.**

Being resilient means bouncing back when you encounter challenges, setbacks or failures. We all go through times when we struggle, so building our resilience is crucial to helping us cope. One way to build resilience in children is to help them develop a growth mindset. This relates to the belief that our abilities and intelligence can develop with practice, feedback and effort. At the other end of the spectrum is a fixed mindset, the belief that our intelligence is fixed and there isn't much we can do to change it.



Children with a growth mindset are more likely to try again when they fail at something, and also to attempt to learn how they can improve. Research into this 'gritty' quality and growth mindset approach shows that learning from failure is one of the crucial tools for success and resilience. In contrast, children with a fixed mindset tend to give up when they encounter failure, believing that that just don't have what it takes. Remember that we, as parents, teachers and caregivers are a crucial source of wellbeing for our children.

Retrieved from: <https://www.heysigmund.com/5-simple-ways-build-resilience-well-children-dr-hazel-harrison/>

## **Reading Recovery**

This year is the 11<sup>th</sup> year Reading Recovery has been in operation at Mater Christi. It comes under the banner of RAISe ie helping your child get a good start in literacy and numeracy with structured dedicated time in these areas.

Reading Recovery was developed as a result of extensive research into literacy education and the trailing of teaching procedures by Marie Clay, a professor of Education at the University of Auckland, New Zealand.

Reading Recovery is a research-based intervention program with the prime goal of accelerating literacy learning for struggling students. Research evidence supports that Reading Recovery is a means of accelerating the development of early reading and writing.

Reading Recovery provides early literacy intervention to promote reading and writing competency, by fostering a development of these skills. This is achieved by tailoring individualised lessons for each student, where the child receives intensive teaching for half an hour each day on a one-to-one basis, during school time for a 12 – 20-week period. Children's progress is tracked daily using a variety of means that inform each day's lessons to maximise achievement and accelerate literacy learning.

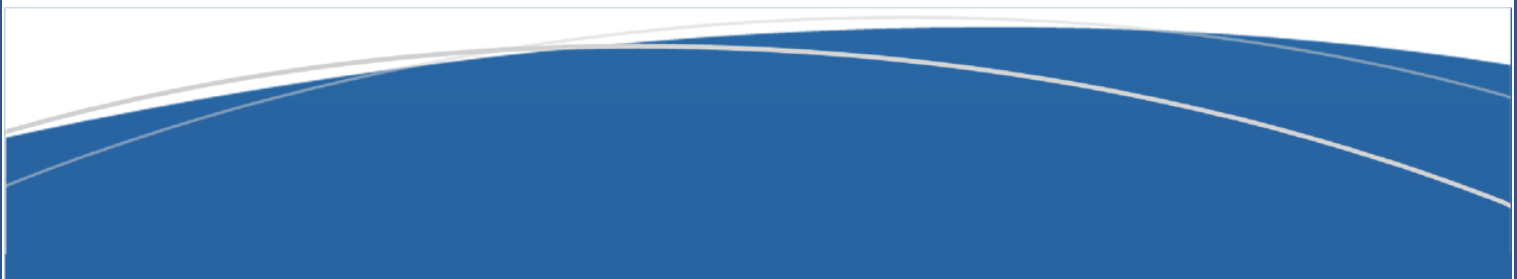
Young children are best suited for the program because Reading Recovery relies on the teacher hearing what the children do with their reading to provide the most appropriate intervention before reading becomes a silent process. Early intervention is also important because the young brain can be rewired before neural networks become cemented.

Tracy Duffy & Paulina Sweeney

Reading Recovery Teachers

PS: Looking for tips to encourage and instil a love of reading? Click on this link!

<http://susanstephenson.com.au/encouraging-kids-read/>





## School News

PARENTS  
WITH  
PRAMS



### Parking Bays

A friendly reminder that some designated parking bays within the school car park are for **Parents with Prams** and those carrying an **ACROD** sticker. Thank you.

### School Banking - Banking Prizes

Welcome to school banking for 2020. Bring your deposit to school in your Dollarmites deposit wallet on Wednesday mornings to collect a silver Dollarmites token. Once you collect 10 tokens (maximum one token per week) you can choose a reward by placing the redemption slip and 10 tokens in your Dollarmites deposit wallet. This year the Dollarmites are taking the children on a Treetop Savings-themed Adventure with all-new Treetop Saver Rewards. All rewards are reusable and packaged using sustainably sourced paper.

- Terry Denton's Activity Book – Term 1
- Mini Soccer Ball – Term 1
- Treetop Stationery Set – Term 2
- Treetop Handball – Term 2
- Tomato Seed Kit – Term 3
- Magic Mist Drink Bottle – Term 3
- Emoji Wallet – Term 4
- Snakes & Ladders Game – Term 4



Last year's reward prizes (minus the Yeti Fluffy Notebook) are still available for any child with 10 tokens and would like a prize from last year.

The school banking team will also be running a colouring in competition for all school bankers. A colouring in will be sent home next Wednesday 19<sup>th</sup> February. If you would like to enter please have it back to us by 11<sup>th</sup> March 2020. Winners will be announced in the following newsletter. If you would like to enrol in school banking, bring in your Commonwealth Bank Youth saver details and deposit, and the friendly school banking volunteers will set you up! For more information either contact a volunteer on the school banking team or visit <https://www.commbank.com.au/banking/school-banking.html>

## Library News

**Book club is due Wednesday 19<sup>th</sup> February at 3pm.**

**No cash payments or paper orders please. Please use LOOP on scholastic website.**

**Any orders placed after the closing date and time will be charged \$4.99 for home delivery.**



### Free to a good home!

Much loved cubby from the Early Learning Centre.

Please contact Mrs D'Souza in the front office if you are interested.

### After School Sport

The **Sporting Schools** program will run for five weeks and Baseball5 will be the terms focus for both Junior and Senior sessions. Baseball5 is a fun and new variation of the game baseball.

Years 1-3 (Juniors) 3:15-4:15pm <i>*Please note – Monday Week 5 is a public holiday.</i>	Years 4-6 (Seniors) 3:15-4:15pm
Monday 24 <sup>th</sup> February (Week 4)	Wednesday 4 <sup>th</sup> March (Week 5)
Monday 9 <sup>th</sup> March (Week 6)	Wednesday 11 <sup>th</sup> March (Week 6)
Monday 16 <sup>th</sup> March (Week 7)	Wednesday 18 <sup>th</sup> March (Week 7)
Monday 23 <sup>th</sup> March (Week 8)	Wednesday 25 <sup>th</sup> March (Week 8)
Monday 30 <sup>th</sup> March (Week 9)	Wednesday 1 <sup>st</sup> April (Week 9)

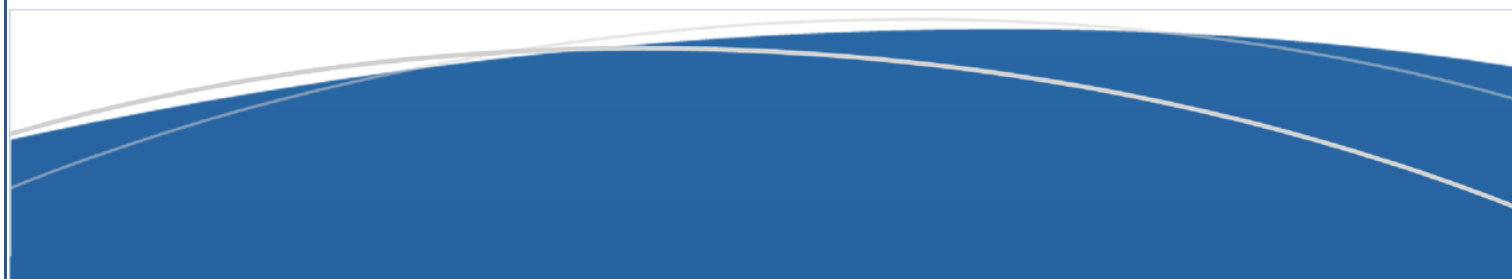
There is no cost for this program as it is fully funded by the Federal Government. Before each activity children will meet the supervising teacher on the grassed area outside the library at 3:10pm where the roll will be taken. Parents are to collect their child from the **school oval at 4:15pm. Please be on time.** Students are required to bring a drink bottle, hat, joggers and sports clothing. Inclement weather **will not** force the cancellations of the session, as it will be held in the Mater Christi Community Centre in those circumstances.

Permission notes are to be returned to **Mrs Hills in 3C** before Tuesday 18<sup>th</sup> February. Please do not return notes to your child's classroom teacher or the office. Students who expressed an interest in participating have received a permission form. If you would like your child to take part and they did not receive a permission form, there will be some available on the 3C lobby notice board.

As numbers are capped, it will be "first in first served" so please make sure your child's permission form is returned as soon as possible if you are interested in your child taking part in the program this term. Students who are successful in gaining a place will be notified by Thursday 20<sup>th</sup> February and receive an acceptance note to take home. An ongoing commitment is expected for all four sessions from all those who participate. It is imperative that parents arrange for their child to be picked up at 4:15pm on their given day.

Kind regards,

Sally Hills  
Sporting Schools Coordinator



## School News

### What's Happening in Kindy this Term?

What a great start to the new Kindy year! The children have enjoyed exploring their new classroom and meeting new friends.

**Focus Areas for this term**, will be the topics 'I Am Me' and 'Easter'. Throughout the day the children will be exposed to how they can be like our friend Jesus. Social and emotional skill development will be a priority, including developing oral communication skills, following instructions and how to make good choices. In addition, we will also focus on several concepts throughout the term. These will include counting skills to 10, one to one correspondence to 10, 2D shapes and their names, sorting and classifying, patterning, concepts of print, syllabification of words, learning Peggy Lego prompts for writing, and name recognition. Here is a snapshot of Kindy fun so far!





### **Mater Christi Instrumental Program 2020**

#### **Enrolments for Term 1 have now closed.**

I would like to welcome back all of our tutors for 2020 as well as our new students.

Unfortunately, at this time, all available spaces to learn an instrument have now been taken. If your child missed out and would like to learn an instrument in Term 2, please fill out an Instrumental Program Agreement and return it to the office by end of the term and your child will be placed on the waitlist. Forms can be found on the school website, in the office or music room.

#### **Reminders**

- Students will receive a **Communication Book**. This book is to be brought to every lesson so that tutors can set homework and communicate with parents.
- Invoice/Payments/Receipts are directly to the tutors.
- Please make sure you have read all the **Terms and Conditions** of the program.
- If your child has not been taken for a lesson by Week 3 please contact me: [alison.clunies-ross@cewa.edu.au](mailto:alison.clunies-ross@cewa.edu.au)

#### **Tutor Contacts**

Instrument	Tutor Name	Email	Working Day
Piano	Mrs Marica Jurkowski	maricajurkowski@gmail.com	Monday/Tuesday
Drums	Mr Reggie De Souza	reggied@westnet.com.au	Wednesday
Guitar	Mr Rudy Yusof	ryusof@hotmail.com	Monday/Tuesday/Thursday
Voice	Mrs Galina Bratanova	gbratanova@yahoo.com	Friday

#### **Mater Christi Choirs**

Junior and Senior Choir will start in week 4.

**Junior Choir** is open to students in **Years 2 and 3** and **Senior Choir** is open to **Years 4, 5 and 6**. The **Year 6 Vocal Ensemble** will begin later in the term. The Vocal Ensemble, Junior and Senior choir participate in the Catholic Performing Arts, School Masses, Christmas Concert and other school related events. Both choirs are open to all students and are not auditioned. Auditions for the Year 6 Vocal Ensemble will take place later in the term.

There is no cost to join any of these groups and all rehearsals take place during school hours.

#### **Rehearsal Times**

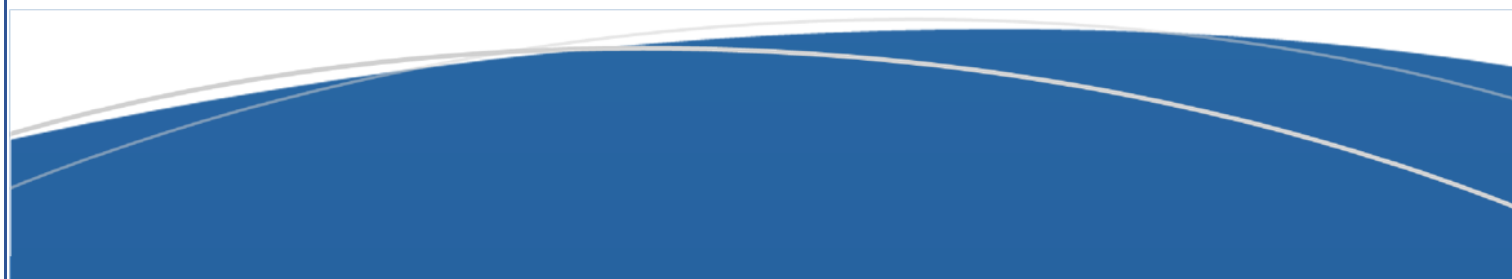
Senior Choir Rehearsals	Thursday	2.15pm
Junior Choir Rehearsals	Friday	10.00am
Year 6 Girls Vocal Ensemble	TBA	

If you have any questions, please feel free to come and see me ☺

Ms Alison Clunies-Ross

Music Specialist

Performing Arts & Instrumental Program Coordinator



## Mater Christi Catholic Primary School and Emmanuel Catholic College Enviro Club

The Emmanuel Environmental Leadership Squad (EELS) would like to invite students from Mater Christi Catholic Primary School to join the EnviroClub for 2020.

### History

In 2011 Emmanuel started a committee to deal with litter and waste in the College. Since then, students have been involved in leadership opportunities, workshops, creating and maintaining the College garden, worm farms and recycling programs covering paper, cans and mobile phones.

The EELS has won a number of awards and has worked to gain and maintain accreditation as a Waste Wise and Keep Australia Beautiful Clean school. In 2014, the Litter Task Force won the Keep Australia Beautiful STAR Youth achievement Award as well as the overall Chairman's Award for Excellence. In 2015 the College won a Highly Commended Award at the Waster Authority's Infinity Awards in both the categories of Waste Wise Schools and Waste Champion (Mrs Kylie Kingdon).



### Enviro Club

Created in 2013, the Enviro Club is aimed at Year 7-9 students and looks at the practical side of the environmental programs at the College. The Enviro Club maintains the worm farms, organises the can recycling and looks after the College veggie garden. Students bond over afternoon tea before heading off to a complete number of environmentally friendly tasks to help close the waste cycle. Students get to take home the produce they have helped grow. In previous years, we had a bumper harvest of celery, lettuce, chives and parsley to name a few. Students also got to take home tomato plants, cuttings from various plants and their own little worm farm.



### Partnership with Mater Christi

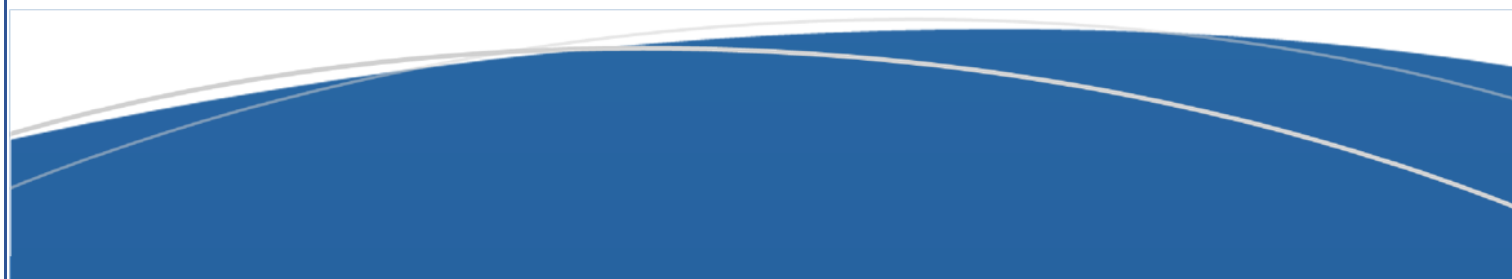
We would like to offer the high school a chance to develop their environmental leadership whilst teaching Mater Christi students the importance of recycling, worm farming and how to reduce the amount of waste produced. This is based on an environmental education model called 'Kids Teaching Kids'. The older students will be involved in planning the activities and teaching the younger students how to complete the tasks.

We would invite students onto the Emmanuel campus for these sessions. Parents would need to transport their children from Mater Christi to the Emmanuel campus. Parents are more than welcome to stay or they can drop students off and collect them from the campus at the end of the session.

Sessions run fortnightly on Tuesday afternoons. Afternoon tea starts at 3:25pm with Enviro Club activities usually starting around 3:30pm. Sessions finish at 4:30pm unless stated otherwise. Once your child has signed up, a program of dates will be sent to you with fortnightly email reminders. Due to the nature of the work we will be completing, we are inviting students from Year 2 to Year 6 only.

If you would like more information please contact Mr Mark McGough at Emmanuel Catholic College on 9414 4000 or via email [marc.mcgough@cewa.edu.au](mailto:marc.mcgough@cewa.edu.au)

Please fill in the form here: <http://bit.ly/37AbXDe>. The information on this form will be kept confidential.



## Science News

### Sustainability Snippets

Now that the new school year is underway, it is time to introduce our recycling initiatives to new parents and remind everyone else what is available at Mater Christi.

The four bins located outside the Science classroom allow parents, teachers and students to recycle:

- Aluminium cans
- PET and HDPE bottles (e.g. milk bottles, OJ bottles, many cosmetic bottles, etc)
- Coffee pods (aluminium only, no plastic)
- Bottle lids (milk, soft drink, juice, etc)
- Soft plastics (anything able to be easily scrunched, such as cling wrap, chip packets, etc.)

All items except for the coffee pods must be clean and dry. Inside the Science classroom is also a drop-off point for any old textas, highlighters and pens.

Students and parents are more than welcome to place items in the bins before, during and after school. Teachers have encouraged students to make sure they are placing items in the correct bins and that no errant rubbish or food items are put in there, as it taints the whole bag.

Since the bins were introduced midway through last year, the school community has recycled 4500 coffee pods, 20 bin bags of soft plastics and 4 lots of 240L bags of PET/HDPE material. In 2020, we are hoping to recycle even more and minimise our waste wherever we can!

Haylee Klup  
Science Specialist



## Canteen News

Hello from the Canteen.

Thank you for welcoming us into your lovely School community. We are settling in, with not too many teething problems.

Thank you for being kind to us if we get something wrong. 😊

If you would like to volunteer some of your valuable time to help us out we would be very grateful.

Come and see us and we can work out a day and time that suits. A few hours or whatever you can manage all helps.

Thank you to the children and staff for getting your class baskets to us first thing in the morning.

Suggestions or questions are always welcome. Please feel free to come see us or email [wendy.scherini@cewa.edu.au](mailto:wendy.scherini@cewa.edu.au)

Happy Eating. 😊

Wendy and Karen

Your New Canteen Ladies!





## Parish Sacramental Program and Dates for 2020

### Parish Sacramental Program

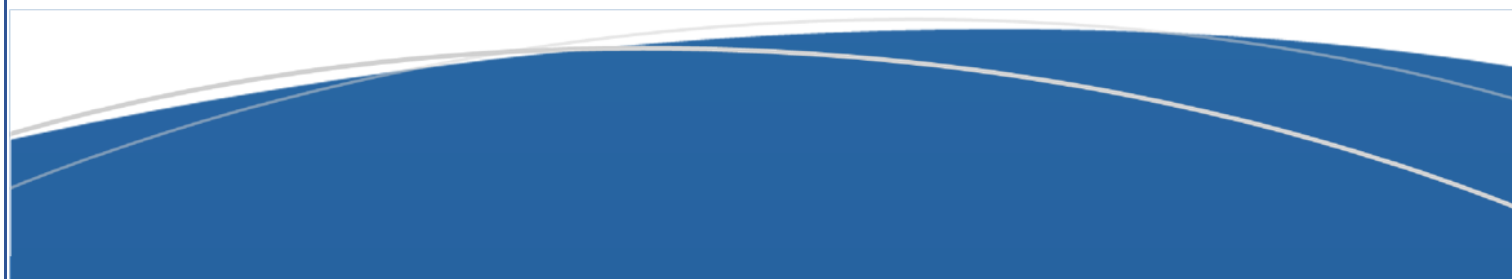
Those children participating in the Sacrament of Confirmation, First Eucharist (Holy Communion) or Penance (Reconciliation) in 2020 will need to collect a Sacramental enrolment form at any of the four Masses at Mater Christi Church this weekend.

### Making Jesus Real

Mater Christi School Makes Jesus Real (MJR) by bringing the Catholic faith to life for our students in showing them how to live it every day. MJR empowers students to feel the Spirit of Jesus each day and find the God Moments that are always happening around them. **Coming home with the eldest child in each family today is a MJR magnet.** To bring MJR into the home we would like students to place the magnet in a highly visible spot and for parents to ask their child at the end of the day where they saw the Spirit of Jesus in their day. This is an opportunity for students to focus on the positive aspects of their school day. We also encourage parents to share with their child where they also saw the Spirit of Jesus in their day.

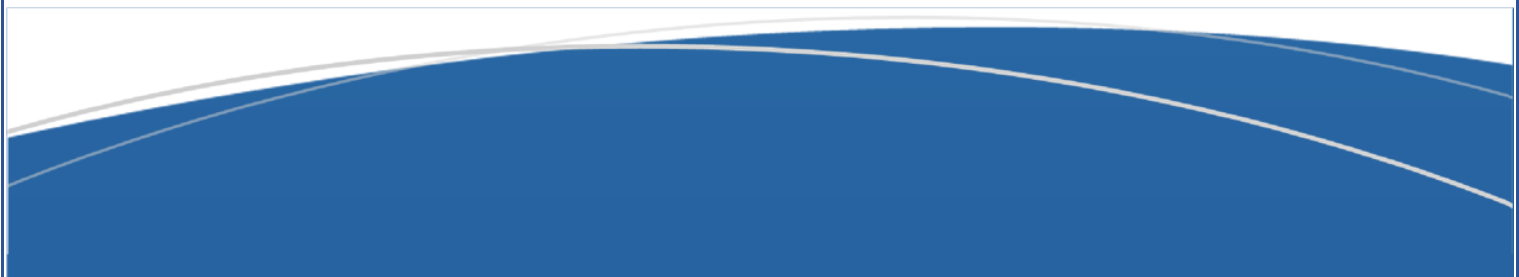
Sacramental Program Enrolment Information (ALL)		
Date	Event	Time and Place
Sat 15 <sup>th</sup> /Sun 16 <sup>th</sup> Feb	Collection of Sacrament Enrolment Forms	After ALL MASSES at the church
Sat 22 <sup>nd</sup> /Sun 23 <sup>rd</sup> Feb	Return of Sacrament Enrolment Forms	During ALL MASSES at the church
Wed 11 <sup>th</sup> March	General Sacrament Formation & information (Fr Greg Donovan & M Hayward)	7:00-8:30pm MCCC (doors open 6:30pm)

Sacrament of Penance		
Date	Event	Time and Place
Sat 23 <sup>rd</sup> / Sun 24 <sup>th</sup> May	Reconciliation Commitment Masses	6pm & 10am Masses only
Wed 17 <sup>th</sup> & Thurs 18 <sup>th</sup> June	Reconciliation Parent/Child Workshops (4 in total)	4:30-5:30pm 6:00-7:00pm MCCC
4 <sup>th</sup> July – 28 <sup>th</sup> November	Penance to be received	Saturdays 5pm
Sunday 29 <sup>th</sup> November	Cake & Certificates (all Penance Certificates)	5pm Mass Church/MCCC



First Holy Communion		
Date	Event	Time and Place
Sat 20 <sup>th</sup> / Sun 21 <sup>st</sup> June	Eucharist Commitment Masses	6pm & 10am Masses only
Wed 1 <sup>st</sup> July & Thurs 2 <sup>nd</sup> July	Eucharist Parent/Child Workshops (4 in total)	4:30-5:30pm 6:00-7:00pm MCCC
Sat 1 <sup>st</sup> & Sun 2 <sup>nd</sup> Aug	First Communion Week 1	6pm, 8am & 10am Masses
Sat 8 <sup>th</sup> & Sun 9 <sup>th</sup> Aug	First Communion Week 2	6pm, 10am & 5pm Masses
Sat 15 <sup>th</sup> , Sun 16 <sup>th</sup> Aug	First Communion Week 3	6pm & 8am Masses
	FHC practice each Wednesday prior to Sacrament 3:30-4:30pm	

Confirmation		
Date	Event	Time and Place
Sat 28 <sup>th</sup> / Sun 29 <sup>th</sup> March	Confirmation Commitment Masses	6pm & 10am Mass
Wed 6 <sup>th</sup> May & Thurs 7 <sup>th</sup> May	Confirmation Parent/Child Workshops (4 workshops in total)	5:00-6:15pm 6:30-7:45pm MCCC
Wed 3 <sup>rd</sup> June	Confirmation Sponsor & candidate practice for Group 1 (6:00pm Mass) & Group 2 (10am Mass)	6:30-7:15pm (Group 1) 7:30-8:15pm (Group 2) / Church
Wed 3 <sup>rd</sup> June (all candidates to be present)	Confirmation meeting for ALL Confirmation Candidates with Fr Dat	3:45-4:45pm /Church
Thurs 4 <sup>th</sup> June	Confirmation Sponsor & candidate practice for Group 3 (11:30am Mass)	6:30-8:00pm / Church



## Physical Education – Swimming Trials

Parents can view all Swimming Trial Information on: <http://bit.ly/swimmingtrialinformation>

### SWIMMING TRIALS 2020

(Year 4 - 6)



#### Important Reminders

Date - Monday 17<sup>th</sup> of February 2020 (Week 3)

Venue - Cockburn ARC

Time - 10:00pm to 2:00pm.



CLASS	DEPART SCHOOL	TRIAL TIME	DEPART POOL	RETURN SCHOOL
Year 4	9:35	10:00 – 11:30	11:40pm	11:50am
Year 5	11:10	11:30 – 1:00	1:10pm	1:20pm
Year 6	12:40	1:00 – 2:00	2:10pm	2:20pm

**Parent Helpers required. Please get in touch with Mr Donnelly**

Please ensure children wear their sports uniform on top of their bathers.

**When children are not racing they should be covered up.**

• Children should have a towel or two, water, sun screen and a hat.

- **Important - Children should listen to the teachers in the bay carefully so they don't miss their races.**
- **Weak swimmers are offered a board to swim with and should be reminded that they can grab the lane rope or wall at any time.**
- Students can decide to start in the water, dive off the wall or dive off the block.

- It is always a new experience for the Year 4 students. There is no pressure placed on swimmers. We just want to know which races to place students into for the upcoming Swimming Carnival which will be held on **Thursday 12<sup>th</sup> March (Week 6) at Cockburn ARC.**
- For 25m events there is a lane rope placed across the pool so swimmers can hold onto it.
- Those less able swimmers are asked to try at least one event at the Trials.
- We have a number of options in place for all swimmers:
  - All swimmers are offered a board to swim with (if required) and are reminded that they can grab the lane rope or wall at any time.
  - Students can decide to start in the water, dive off the wall or dive off the block.
  - There will be an adult swimmer available to get in the water and assist students if necessary.
  - **Less able swimmers are required to tell staff of his or her ability before jumping in the water.**

Regards,  
Mr Donnelly (PE Teacher)



**MATER CHRISTI P&F**  
**2020 parent's sundowner**

book a babysitter and come along to enjoy a night out with old friends and new!

7pm-9pm  
Saturday 22nd Feb

**FREE entry - nibbles and 1 drink provided**  
cash bar available to purchase additional drinks

**Mater Christi Community Centre**  
Registrations essential  
Book your tickets online [tix.yt/mc20sun](https://tix.yt/mc20sun)

\*No BYO permitted, please drink responsibly  
\*This is a parent only event

**FREE RUNNING CLUB!**  
**KINDY TO YEAR 6**  
**MATER CHRISTI RUNNING CLUB!**  
**RUN or WALK FOR FUN!**

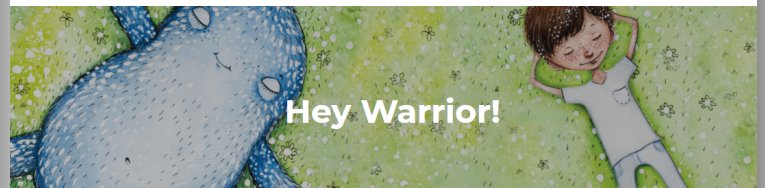
**JOIN ANYTIME! JUST TURN UP!**  
**RUN OR WALK AS FAR AS YOU CAN** (over a term or school year)  
**SET YOUR GOAL AND GO GET IT!**

**EVERY TUESDAY MORNING 8am- 8.20am**  
**ON THE SCHOOL OVAL**

COME ALONG TO THIS P&F SUPPORTED CLUB AND GET FIT WITH FRIENDS  
CONTACT SARAH FOR MORE INFO:  
[SARAHSFITNESS20@gmail.com](mailto:SARAHSFITNESS20@gmail.com) or 0639960309  
JOIN THE FB GROUP <https://www.facebook.com/groups/139615513751819/>  
PLEASE NOTE: CHILDREN NEED A PARENT PRESENT TO PARTICIPATE



MATER CHRISTI P AND F PRESENTS



## Let's talk anxiety with Karen Young

Anxiety explained. Kids empowered!

This dynamic workshop will help participants to recognise anxiety disorders in children and adolescents (5 -18yr olds). It will delve into the obvious and not so obvious signs of anxiety, discuss where they come from and why they exist, and offer a range of practical interventions. Karen Young is the author of 'Hey Warrior' and 'Hey Awesome' and founder of the online resource 'Hey Sigmund'.

**THURS FEB 27, 2020 | 6.30 - 8.45P.M.**  
**MATER CHRISTI COMMUNITY CENTRE**  
**340 YANGETUP ROAD, YANGETUP**  
**FREE EVENT - REGISTRATIONS ESSENTIAL**  
**RSVP [WWW.STICKYTICKETS.COM.AU/86SWE](https://www.stickytickets.com.au/86SWE)**  
**LIGHT REFRESHMENTS FROM 6.30PM**

Supported by City of **Cockburn**

### Dads Dinner

Each year a dad's dinner is organised for term 1, we would like to gauge numbers for those that may be interested so we can begin to look at suitable venues. If you are interested in attending a Dad's Dinner please email [materchristipandf@cewa.edu.au](mailto:materchristipandf@cewa.edu.au)  
Louise McEntee, Vice President



## Parents & Friends News

### CALLING ALL MATER CHRISTI DADS

#### Dads and Kids Camp Out

It is that time of year again for sorting out the Dads and kids camp for 2020

We are looking for volunteers to help out with:

*Pre-event:* Organising, coordinating the volunteers, organising food, prepping activities.

*On the day:* Cooking dinner and breakfast, managing activities, arranging tent allocations and pack away.

**NOTE** The clean-up will be the responsibility of ALL who attend

Registrations are already set up and ready to go we just need a group of volunteers to assist.

If you can help out please email [materchristipandf@cewa.edu.au](mailto:materchristipandf@cewa.edu.au)

The proposed camp date is Saturday 14th March 2020



## Parent Social Events

### Kindy A Catch Up

**When:** Sunday 22<sup>nd</sup> March at 10:00-12:00pm

**Where:** Botany Park, Macquarie Boulevard, Hammond Park

No RSVP required.

For further information please call Brooke Velterop on 0408 910 961

### KC Catch Up

**When:** Sunday 23<sup>rd</sup> February at 9am

**Where:** Manning Park

For further information, please contact Taryn Martin on 0412 034 171



### PPA Coffee Catch Up

**When:** Thursday 27<sup>th</sup> February (after drop-off)

**Where:** 8 Yolks Café, Success

**RSVP:** to Sinead Chidlow on 0424 120 440 by 24<sup>th</sup> February 2020.

### PPB Coffee Catch Up

**When:** Tuesday 25<sup>th</sup> February at 9:15am

**Where:** Surfing Lizard Café, 20 Poore Gr, Munster

For further information, please contact Trish Piccaro on 0419 865 504

### 1C Coffee Morning

**When:** 5<sup>th</sup> March at 8:30am

**Where:** Good Cup Café, Mater Christi Community Centre at 8:30

**RSVP:** to Rebecca Exham 0422 096 580

### 1C Parent Dinner

**When:** 28<sup>th</sup> March 2020 at 7:30pm

**Where:** Io è Tè Restaurant

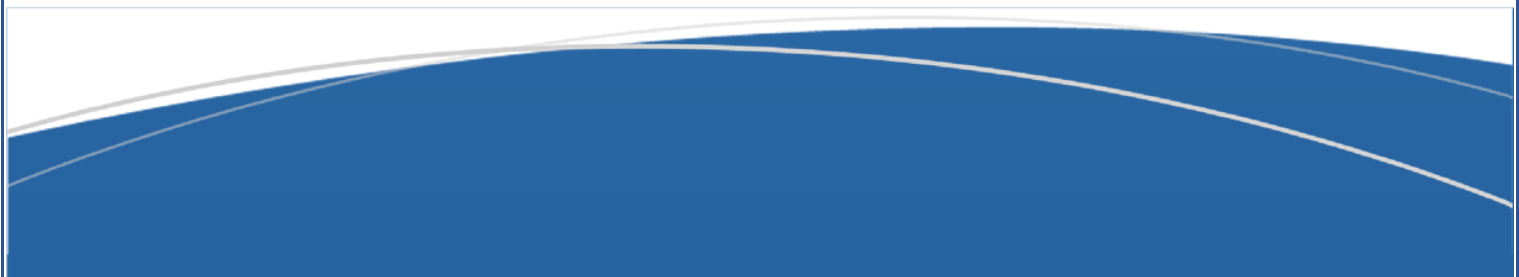
**RSVP:** to Rebecca Exham on 0422 096 580

### 2C Coffee Catch Up

**When:** 10<sup>th</sup> March at 9am (after school drop-off)

**Where:** Sul Lago Café, 28 Lakefront Avenue, Beeliar (Beeliar Shopping Centre)

**RSVP:** to Renae Datson by 5<sup>th</sup> March 2020 on 0417 697 208



## Community News

**Cockburn Netball Club**  
Established In 1960

**REGISTRATIONS ARE OPEN  
FOR GRADES  
NSG, JUNIORS & SENIORS**

COCKBURN IS A GRADING, TRAINING AND PLAYING CLUB. WITH THE EXCEPTION OF OUR 7 TO 9-YEAR-OLD TEAMS, PLAYERS TRIAL AS A GROUP ACCORDING TO THEIR YEAR OF BIRTH AND THE CLUB SELECTS TEAMS BASED ON SKILLS AND ABILITY. TEAMS ARE NOT SELECTED BASED ON FRIENDSHIP OR SOCIAL GROUPS.

WE TRAIN ON WEDNESDAYS AT THE BAKERS SQUARE, MORTLOCK STREET COURTS AND FOR PLAYERS FROM 7 YEARS OLD THROUGH TO SENIORS. GAMES ARE PLAYED ON SATURDAYS AT FREMANTLE NETBALL ASSOCIATION ON HIGH STREET.

Head to our website on [www.cockburnnetballclub.net](http://www.cockburnnetballclub.net) or contact the Club Secretary: Joanne Seeber for more information.  
email: [info@cockburnnetballclub.net](mailto:info@cockburnnetballclub.net)  
mobile: 041 478 4977

**IONA**  
PRESENTATION COLLEGE

**SCHOLARSHIP APPLICATIONS  
NOW OPEN**

Year 7, 2021 Academic & General Excellence  
Year 10, 2021 General Excellence  
2021 Music Scholarships

For further information please go to  
[www.iona.wa.edu.au/scholarships](http://www.iona.wa.edu.au/scholarships)

Applications close  
Friday 28 February 2020

**CORPUS CHRISTI COLLEGE**  
REGGIO DOMINI

**OPEN DAY**  
*Tuesday 10 March 9am*

To register or for more available dates:  
[www.corpus.wa.edu.au/opendays](http://www.corpus.wa.edu.au/opendays)

**2022 Applications  
Now Open**

**CALLING ALL  
GIRLS !!**

**WOOLWORTHS  
CRICKET  
BLAST**

**CALLING ALL  
GIRLS !!**

**GIRLS JUST WANT TO  
HAVE A BLAST!**

GET INTO WOOLWORTHS CRICKET BLAST. IT'S A FUN AND ACTIVE PROGRAM FOR GIRLS OF ALL ABILITIES - WHETHER IT'S YOUR FIRST

**GRAB YOUR FRIENDS & ENTER YOUR TEAM NOW!!**

\*\* Phoenix Beelias JCC are hosting a GIRLS ONLY Master Blasters program \*\*

- Teams of 6 (Years 3 - 6)
- \$5 per session (6 week program)
- LOCATION : Beelias Oval
- DATES : 15<sup>th</sup> February - 21<sup>st</sup> March (Saturdays)

Sign up for at: <https://www.playcricket.com.au/club-finder/club-details?id=28270>  
Contact Emily Johnston for more details M: 043273097 E: [emily.johnston@waca.com.au](mailto:emily.johnston@waca.com.au)

**CALLING ALL GIRLS !!**

**AUSTRALIAN GIRLS CHOIR**

Is this your daughter?

"She sings all the time and can't sit still when there's music playing"  
"She's always dressing up and doing concerts"

**FEBRUARY OPEN CLASSES**

Come along and try a free class at your local rehearsal venue!

Duncraig, Murdoch and Subiaco

**AUSTRALIAN SCHOOL OF PERFORMING ARTS**  
[ausgirlschoir.com.au](http://ausgirlschoir.com.au)

**AUSTRALIAN GIRLS CHOIR**

An experience that goes far beyond the stage!

Look no further than the Australian Girls Choir because we encourage, challenge and inspire girls as they learn to sing, dance and perform.

Your daughter will develop confidence, public speaking and presentation skills, resilience and friendships that will last a lifetime.

Over 200 senior choristers recently shared the stage with Hugh Jackman in his Arena Tour across the country. We're proud to have represented Qantas in the 'I Still Call Australia Home' advertising campaigns and live events for more than 20 years.

**Try a FREE class in February!**  
Register online or call 08 6365 2100

**AUSTRALIAN SCHOOL OF PERFORMING ARTS**  
[ausgirlschoir.com.au](http://ausgirlschoir.com.au)



## Community News

### After-School Soccer Coaching Clinics (Term 1)



All Pre-Primary to Year 3 children were given a registration form for an After-School Soccer Coaching Clinic starting Monday 17th February (3.20pm – 4.20pm). We will conduct it on the school grounds.

The activity is coordinated and run by physical education and/or soccer specialists; all with their Working with Children Checks. The Clinic focuses on maximum participation during organised and Fun 8 x 1 Hour sessions. The cost for the clinic is \$80.00 per child.

If you are interested in letting your child learn and play this world game in fun sessions and you have not yet registered, then please register online at [www.play4life.com.au](http://www.play4life.com.au) by Sunday 16<sup>th</sup> February or complete the registration form and return it to reception by Friday 14<sup>th</sup> February. (Spare registration forms are available at reception). If you have any queries, please call Jacob Aquino on 6162 0932.

**Kids LOVE Drama**  
PARENTS LOVE THE RESULTS

- BOOST CONFIDENCE
- INCREASE SELF ESTEEM
- LEARN LIFE SKILLS
- IMPROVE COMMUNICATION
- DEVELOP DRAMA SKILLS

Atwell  
Canning Vale  
Hilton  
Kardinya  
Kelmscott  
Willletton

**WEEKLY CLASSES ENROLLING NOW**  
KINDY DRAMA 3-5 YEARS | LOWER PRIMARY 5-8 YEARS  
UPPER PRIMARY 9-12 YEARS | YOUTH 12-17 YEARS

**TO FIND OUT MORE, PLEASE CONTACT US**  
**0414 689 261** [kerry.jones@helenogrady.net.au](mailto:kerry.jones@helenogrady.net.au)  
[www.helenogrady.net.au](http://www.helenogrady.net.au)

Government of Western Australia  
Child and Adolescent Health Service

**Triple P - Positive Parenting Program®**

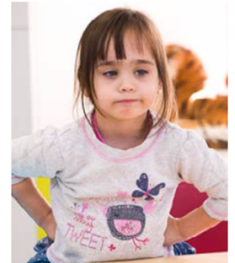
A **FREE** program that teaches practical and effective ways to enhance family relationships and manage common child behaviour issues.

#### Who is this program for?

Parents, carers and/or grandparents of a child aged between 3 and 8 years.

#### What is involved?

- **Seminar Series** – 90-minute talks on:
  - children's behaviour
  - the tough part of parenting
  - raising confident children
  - raising emotionally resilient children.
- **Discussion Group** – small, 2-hour groups:
  - misbehaving
  - fighting and aggression
  - hassle-free shopping with children.
- **Group Triple P** – 8-week parenting course.



#### Program details:

Type:	Seminar Series
Place:	Coolbellup Community Hub
Date/s:	Wednesdays 26 Feb, 4 and 11 March 2020
Time:	9.30 am to 11.30 am
Cost:	FREE

#### How do I book?

Visit [www.healthywa.wa.gov.au/parentgroups](http://www.healthywa.wa.gov.au/parentgroups).

If unable to book online, contact the Child Health Booking System on **1300 749 869**.

**Childcare:** Please do not bring babies and children over the age of 6 months to the group.

You will need to make your own childcare arrangements for them. Crèche may be available at some venues. (Please check and organise through the venue).

You can bring babies into groups for feeding.

Visit [www.healthywa.wa.gov.au/parentgroups](http://www.healthywa.wa.gov.au/parentgroups) for more information.

This document can be made available in alternative formats on request for a person with a disability.

December 2018 CAH-001009\_TripleP