

Mater Christi Catholic Primary School Newsletter

Volume 2

12th February 2016



Dear Parents & Caregivers

Dates for Next Week

Lent IS A TIME TO
GROW
CLOSER TO JESUS

Last Wednesday, marked the beginning of the liturgical season of Lent. The students, staff, parents and parishioners celebrated this new season in a beautiful and prayerful Eucharistic celebration. Thank you to Fr Ranier for celebrating the Mass, Mrs Dunsire for preparing the Liturgy and to Miss Ross and the choir for leading the music. It was wonderful

to see so many parents come to the Mass. We are people of faith and being marked with the cross unites us all to the love of God. As we begin Lent, let us make a deal to accompany each other into the heart of God's love for us. God is love and is about love. God's love is always a gift and loving forgiveness is a sure sign of the presence of God.

God always forgives us and uses us to express that forgiveness to one another. In so doing, we too receive forgiveness.

*May you live these Lenten Days
Not in purple Lenten denial
But in the joyfulness of the intimate embrace
Of your Blessed God.
May you hear on the Lenten winds
Your Beloved calling you daily
To go apart from your daily routine time
To spend desert time with your God.
May you have a blessed and grace-filled Lenten season
so as to be a new person in Christ
In alleluia joy on Holy Easter.*

A tremendous **thank you** to the teachers in preparing the Parent Information sessions and sharing with parents their classroom and learning expectations, the curriculum that will be taught, how best you can stay connected so as to be informed about your child's learning and what is happening in their class, year level and specialist subjects. Thank you also to the many parents who attended. Your engagement in and support of your child's learning gives staff the encouragement that their hard work is appreciated.

Our Class Representatives help to bring families together and to support the school in so many ways. This is a rewarding role for parents interested in being more involved at school. Our Class Representative Coordinator, Leonie Jones, is a wonderful support to the group. Please read more on this in the P&F Section on page four of the Newsletter.

Monday 15th February	9am Mass (5B) 3.15 – 4.15pm Snr After School Sport
Tuesday 16th February	7pm Board Meeting
Wednesday 17th February	8am SRC Meeting School Banking Uniform Shop Open 8am to 10.30am 1.20pm to 3.20pm
Thursday 18th February	9am Mass (1C) Yr 5 CSL (Frank Prendergast) 3.15-4.15pm Jnr
Friday 19th February	9am Assembly (Yr 4) (Merit Awards)
Saturday 20th February	Collection of Sacramental Forms (all Masses) 6pm Staff/Board/P&F Commissioning Mass
Sunday 21st February	Collection of Sacramental Forms (all Masses)

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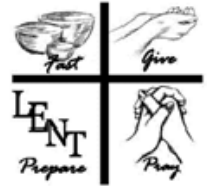
Please be aware that once the clock strikes 7.30am and 2.30pm whilst driving in a school zone – we need to drive at 40km. On Wednesday morning there was a speed camera on Yangebup Rd close to the school? Did you see it? What was your speed?

Please drive with attention, safely and at the speed limit. You are transporting very precious cargo!

School Assemblies: As you may have observed on the Term Calendar, a few more Assemblies have been added to assist in reducing the number of Merit Awards given out at each Assembly as well as giving students and staff the opportunity to share important information. At last week's Assembly we inducted the Student Leadership Group and Mrs Ziegelaar shared the ways we implement recycling at Mater Christi and the great things coming up in Science this year. During Performing Arts time, the Choir, Drama/Dance students will be able to showcase their talents to our community. Everyone is always most welcome to attend.

God Bless... Toni Kalat

Religious Education



1st Week of Lent – Project Compassion – brings you Doney's story

Doney is a quiet and humble woman, but thanks to an innovative program supported by Caritas Australia, she's creating big changes - in her life and in her village.

Malawi in East Africa is one of the poorest countries in the world. Most people rely on farming small plots of land to produce food to feed their families. But many, like Doney and her family, have often gone months without enough food to eat.

Yet, when Caritas Australia and the local Caritas, CADECOM (the Catholic Development Commission in Malawi), began working in Doney's remote village, they saw beyond the community's challenges. Together they identified the community's strengths, and each family created their vision for a healthier, more sustainable future.

CADECOM worked with Doney's community to harness their natural resources. Families were trained in new farming techniques, and already they're producing more plentiful crops. "The problem of malnutrition in my household is an old song now," says Doney. CADECOM also worked with the community to install a borehole so Doney and her family now have access to clean water, dramatically improving their health.

Doney's passion for education was recognised as a strength of the community, so she received training as an Adult Literacy Facilitator through the CADECOM program, and is now teaching adults in her village.

These days, the people of Doney's village have access to clean drinking water, flourishing crops and are building their knowledge to create a better future. "My life has been transformed," smiles Doney.

Your donation to Caritas Australia's Project Compassion provides support to programs such as CADECOM.
www.caritas.org.au

Caritas – Project Compassion

Each year Lent offers us the opportunity to share what we have with those who have less. This year's theme is 'Learning More Creating Change.' Every classroom has a small Project Compassion money box. Money boxes will be collected towards the end of Lent and we ask that all families contribute to this worthy cause.

Giving Day

A gentle reminder that every Friday at Mater Christi is Giving Day. All donations of non-perishable food items would be greatly appreciated.

Best Wishes
Courtney Dunsire
Assistant Principal

Parish News

Sacramental Program 2016

In keeping with the Archdiocesan Policy for the proper preparation of children for the Sacraments of Initiation, our parish implements the policy for the Sacraments of Initiation being **Family Focussed, Parish Based** and **School Supported**. The need for these experiences is important for catechesis.

Family Focussed: The responsibility for this preparation belongs firstly with parents. This reflects the teaching of the church, which is, that children being initiated into the Church should be able primarily, to look to their parents and family for the necessary nurturing of their faith.

Parish Based: It should be noted "the pre-eminent place for catechesis" is the parish (Catechesi Tradendae 67). The parish is the place where people learn to live as a faith community.

School Supported: The role of the Catholic schools in supporting Sacramental programmes for young people is to nurture strong partnerships between family and parishes (Catholic School Mandate para 80). In the same way the Parish Religious Education Programme (PREP) is designed to support children who attend non-Catholic schools with their preparation.

Generally children in Year Three make their **First Reconciliation**, children in Year Four receive their **First Holy Communion**, and children in their final year of primary school, receive the Sacrament of **Confirmation**.

Therefore, **all children wishing to receive the Sacraments of Reconciliation, Eucharist and Confirmation, in our parish will register with the Parish at the start of the school year**. It is imperative that the children are enrolled at the commencement of the year so their Sacramental preparation can be full and complete. Sacramental dates for 2015 are as follows:

Collection of **ALL** Sacrament Enrolment Forms:

13/14 & 20/21 February

Sacrament Meeting **ALL PARENTS** of **ALL** Sacramental Candidates:

24 February

Return of Sacrament Enrolment Forms for **ALL** Sacraments:

27/28 February

	Sacrament Date	Commitment Mass	Parent/Child Workshop
CONFIRMATION	14th & 15th May	12th / 13th March	5th & 6th April
FIRST COMMUNION	6th & 7th August 13th & 14th August 20th & 21st August	11th / 12th June	28th & 9th June
RECONCILIATION	22nd & 29th Oct, 5th & 12th November	10th / 11th September	7th & 8th September

*You and your child's presence at these Masses and Parent/Child Workshops form an **important part of your commitment to Sacramental preparation** and as such are NOT OPTIONAL. There will be NO LATECOMERS MASS opportunities for people not present at their allocated Masses and the workshops will only be conducted on the given date.*

**** These dates are published in good faith, however, due to unforeseen circumstances, may change. In this event, as much notice as possible will be given. ****

Use of Student Images/Names

With the increasing use of ICT at Mater Christi, student images and/or names may appear on class blogs, in the school newsletter or on class made DVD's.

If you DO NOT wish your child/ren's names or images to appear, please return the notice below to the front office by Friday 26th February 2016.

I _____ parent/guardian of
_____ (name all children)

in class/es _____

Please note a new form is required to be completed and signed each year

Merit Awards 20th February 2016

Year 1A	Isabelle Swann, Oisin O'Halloran
Year 1B	Dane Donovan, Ned Patmore, Gisele Grasa, Emmi Musulin,
Year 1C	Jesse Barron, Isabella Pelosi
Year 2A	Riley Gaidzionis, Madeleine Dicker-Lee
Year 2B	Lucas Phoebe, Lilly Edwardes
Year 2C	Tanha Bebek, Tory Gaglia, Ava Reale
Year 3A	Sebastian Park, Bianca Dias
Year 3B	Christianne Santos, Mitchell Bradford
Year 3C	Madison Hadley, Abhinav Kolachana
Year 4A	Seth Basilio, Jessica Wakeling
Year 4B	Olivia Risucci, Charlotte Sargent
Year 4C	Isaac Slater, Gianni Nici,
Year 5A	Daniel D'Aurizio, Jessica Wear
Year 5B	Lachlan Fury, Hannah Collins, Holly Gibson
Year 5C	Isaiah Sapienza, Matilda Wehr
Year 6A	Danielle Bok, Jye Mingay
Year 6B	Madison Loreto, -Adrian Karwacki
Year 6C	Madison Steele, Christian Silas

Helpers Wanted

Over the holidays we purchased hundreds of new reading resources. If you are able to help cover our new reading books can you please contact either Emily Richards or Tracy Duffy on 94175756.



P&F News

The first P&F meeting of 2016 was held on Tuesday night and was well attended.

There was much productive discussion on various issues including several Term One events.

KINDY MORNING TEAS & AFTERNOON TEAS

We invite all Kindy parents to join us for morning tea at 9:15am on Monday 22nd February for Kindy A&C or afternoon tea at 2pm on Tuesday 23rd February for Kindy B&D.

The P&F will be hosting these gatherings in the **staffroom**. If you have a child in Kindy, please come along and hear from your P&F as well as members from our leadership team about the plans for 2016.



Younger siblings are also welcome to come along. We hope to see you there!

THANK YOU CLASS REPRESENTATIVES OF 2016

A huge thank you goes to all the wonderful parents who volunteered to be class representative in 2016. Your support is very much appreciated.

Introduction and information sessions for class reps have been scheduled for next Thursday 18th February at 2.15 - 2.45 pm with a second session at 3.10 to 3.40pm in the staff room. Please come along to one to meet your fellow class reps especially if you are new to the role or would just like a refresh on what the role involves. It will be fantastic to meet everyone.

Of the 25 classes in our school only 1 class remains without a rep.

Parents of PPC - I really need your help! Please consider offering for this rewarding role. If you would like any more information on what the role involves please don't hesitate to contact me. dj.lones@westnet.com.au

There were three classes that had multiple nominations and the draw on Tuesday morning confirmed the winning volunteer. Thank you to everyone involved for your understanding.

Class rep's names will be placed on a gold card near the door of their class in the coming week. Class contact lists will come out in week four so please be patient while this information is compiled.

Leonie Jones
Class Representative Coordinator

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) and Marina Hayward (Parish Rep).

Kindy

What a great start to the new Kindy year! The children have enjoyed exploring their new classroom and making new friends. This term we will be discussing the topics 'All About Me' and 'Easter- New Life'.

While social and emotional skills will be a priority we will also focus on several concepts throughout the term. These will include 'Getting to know Jesus' and how to pray, 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, name recognition and following instructions.



Parent roster will start week three, once the children have settled into the Kindy routine. We invite two parents to come into each session until 11.45. We appreciate all the help and support that we receive from parents on roster and we know children love having their parents come in.

Please don't hesitate to come and see us if you have any questions. Appointments can be made before or after school. We look forward to a happy and productive term.

Pre Primary

Welcome to a new year in Pre-Primary!

This term will be all about establishing rules and routines as the children settle into full time schooling. We will be focusing our learning around the theme 'Our Family' and 'All about Me'.

Following on from this, we will be exploring Easter through discussions about New Life and the Easter story.

We will also be introducing Making Jesus Real, a program that helps children see the God moments in everyday life and within their actions.

We would like to encourage all parents to follow our Pre-Primary learning journey through our blogs, the addresses for these can be found on the school website.

We look forward to an exciting and busy term.

Year One

Welcome to Year One!

What an exciting year we have planned.

To kick start Term One we will be establishing rules and routines as the children settle into life as a Year One student.

There is an exciting buzz around as we explore our new indoor and outdoor learning environments.

This term in Religious Education we will be exploring friendship, belonging, and Easter.

During Literacy dedicated time we will be practising our reading and writing as well as learning lots of new activities.

In Numeracy we will be working on developing number sense with a wide range of hands on activities. We are looking forward to a busy and productive term!

Year Two

Welcome to Year Two. We hope you had an enjoyable and relaxing holiday. This term we are learning about water and sustainability. You will be sure to see many fascinating sea creatures hanging in our colourful classrooms.

As a part of our learning journey, the children will be taken on an excursion to AQWA on Wednesday 2nd March.

In Literacy we will be focusing on reading, recount and procedure writing as well as a variety of reading strategies, phonemic awareness and listening skills.

During Maths lessons we will be learning about place value, number stories, addition and subtraction. 'Loving Our Differences' and 'Just Like Jesus' are the two topics in Religion this term.

We are excited for the term ahead!

Year Three

What a great start to the year it has been for our Year Three Students with the excitement of Edudance this term.

This year, our Religious Education units begin with Speak From The Heart (Prayer) followed by our Lent/Easter unit and Loving Like Jesus. Our Numeracy focus is on Number and Place Value with an emphasis on consolidating and learning mental computation and problem solving strategies.

Numeracy will be taught using interactive programs such as Mathletics and other hands-on resources to promote conceptual understanding.

In Literacy, we will be writing narratives and putting our powers of persuasion into practice while we prepare for NAPLAN in Term Two. We will continue to use The Diana Rigg spelling program.



We are exploring Australia, its neighbouring countries and its natural features in SOSE while in Health we focus on Social Skills.

We look forward to meeting you all and the excitement that Year Three will bring.

Year Four

Welcome to Year Four with Miss McNally, Mrs Payze, Mr O'Reilly and Miss Fic. What an exciting and challenging year it is going to be.

Term One in Year Four is certainly a BIG one.

Our Religious Education units for this term include All Powerful God (Bible) and Loved and Forgiven (Lent/Easter). Integrated throughout all learning areas is our continued focus on Making Jesus Real (MJR).

In our Literacy Dedicated Time we will be discovering the tips and tricks on how to become an 'award winning author' during our narrative writing sessions as well as introducing the Diana Rigg Spelling Program.

During Guided Reading, the focus will be on teaching and mastering our comprehension skills.

Our Numeracy program will include developing our skills in place value, addition, subtraction, multiplication, shape, location and transformation through a range of hands-on, interactive and real life activities.

Mental computation and problem solving skills will also play a large part throughout this program.

Our Humanities & Social Sciences (HASS) program will focus on learning about the environment in various continents of the world. In Health we will be exploring the effects that smoking has on the body. To consolidate our learning, we will be going on an excursion to Kings Park Naturescape towards the end of Term One.

We look forward to seeing you all in Week Three at our Year Four Assembly.

Year Five

Wow! What a fantastic start to Year Five it has been!

We are very excited to have 89 enthusiastic Year Five's this year at Mater Christi.

In Religious Education, the units of work we will be covering are 'The Spirit Frees' and 'Choosing To Do Good.'

In Mathematics we are beginning the year with place value looking at factors and multiples, rounding, addition, subtraction and multiplication. We will then be learning about 24 hour time, angles and three-dimensional shapes.

In English our text focuses in preparation for NAPLAN are narrative and persuasive writing.

Our reading strategies for this term are main idea, cause and effect, inferring and text purpose.

Our Humanities and Social Science unit of work will be focused on Geography, specifically North and South America.

Other exciting things to look forward to this term include

Year Six

There is an exciting buzz around the area as we prepare for what appears to be a very busy and engaging term in Year Six!

After a rocky start to our camp planning we are now back on course and counting down the days until we go to Fairbridge Village Pinjarra, in Week Six. Camp is a great chance to challenge ourselves and create memories that will stay with us forever.

Term One begins with the preparation of the Sacrament of Confirmation, where we will receive the gifts and fruits of the Holy Spirit. During our Numeracy Dedicated Time our focus is on Number and Measurement.

While in Literacy we are focusing on Figurative Language to enhance our Recount Writing skills.

We will also be developing our leadership skills and finding out what it means to be a leader at Mater Christi, by examining the qualities of famous leaders and comparing them to our own.

We look forward to working together to foster a lifelong love of learning!

Science

What are we up to this Term in Science?????



We are looking at Biological Science, minibeasts, plant and animal adaptations and classifying animals. We are still focusing on our vocabulary and working on our science inquiry skills.

Below is an outline of what is being covered in each year level this term.

Please feel free to pop into the Science Lab to say hello or to chat to me about your child's Science progress.

If you have some special skills to help our science learning journey I would love to hear from you.

Enjoy Term One!
Mrs Ziegelaar

Year Level	Topic overview
PP	Explore: Plants how common flowering plants meet their needs for survival investigating plant growth in different conditions, make claims about the basic needs of plants compare these to the research on other animals.
1	Explore: Mini beasts the external features of small animals How animals move, feed and protect themselves, Compare the habitats of different animals.
2	Explore: Lifecycles of animals. The growth of a range of living things The processes of growth and change Reproduction and death that apply to all animals. Compare the growth of living things under different conditions.
3	Explore: Classifying Animals Features of living things, Ways they can be grouped together. Living things can be grouped on the basis of observable features Distinguish between living and non-living things.
4	Explore: Plant life cycle Investigate the process of pollination and germination The stages of a plants life cycle Environmental conditions needed for plant growth
5	Explore: Plant & Animal adaptations Structural features and adaptations of desert plants and animals Compare them with plants and animals that live in other environments. Investigate how the structural features of desert plants and animals help them to survive in their own natural environment.
6	Explore: Micro-organisms The role of microorganisms in food and medicine. Investigate the conditions micro-organisms need to grow Learn about yeast and the bread-making process Research the development of penicillin.

Reading Recovery

This year is the seventh 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 (Year One) 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

Phys ED

Term One will see the Year Four – Six students having Swimming Trials in Week Two and their Swimming Carnival in Week Seven (Check the calendar for details).

During PE lessons the senior primary students will immerse themselves in the challenging game of volleyball. I expect some big serving, some amazing setting and lots of spiking.

Later in the term we will have basketball tryouts. The junior school children will be getting into some tennis as well as some various movement games. It promises to be action packed.

At an Interschool level the school will be participating in the annual CPSSA Swimming Carnival. Those students who excel at the school carnival will have the chance to represent the Mighty Mater Christi Marlins.

Don't forget your drink bottles for hydration and slap on plenty of sun cream. Term One is a hot one.

Ryan Donnelly (HPE Specialist)

Drama

The junior focus for this term is **"Creative Play and using our Imagination!"** Play is exploratory, often without being clearly aware of the learning that is taking place. In their play, children take on roles; explore stories and experiment with sounds, patterns and movements. Their self-esteem and confidence flourish in and through the Arts!

The senior focus is on **"Improvisation"**, this stimulates the imagination and the spontaneity in the moment! The students will enjoy Drama games that develop confidence and a sense of fun. As well as this, the students will be encouraged to imagine, explore, create, and share in front of others.

In Drama, as you are aware, there is an ongoing focus on the children learning to become more **resilient**. Being resilient is the human capacity to bounce back from life's ups and downs and this can mean a variety of things to different children. We are using the **'Friendly Schools Plus'** as a teaching and learning resource, and its aim is to develop the student's social and emotional intelligence to enable them to:

- **Recognize and control their emotions**
- **Build positive relationships**
- **Show consideration for others**
- **Make thoughtful and sensible choices**
- **Cope successfully with difficult situations.**

Along with this, as a school our main emphasis is on **"Making Jesus Real"** (MJR). It is centred on the belief that we are the image of Jesus to all those around us. Therefore our actions should reflect His values but we do need to be switched on to recognise this. This is aimed at helping the students gain and maintain a positive attitude to life through assisting in the development of people skills.

"Truly I tell you, just as you did it to one of the least of these who are members of my family, you did it to me." (Matthew 25:40)

Mrs. Pottier
(Drama Specialist)



Rainbow

When something significant happens in the family, the whole family is affected. Even though death and divorce appears to be a grown up problem, it does have a profound effect on the children it touches.

Rainbows is a program designed especially for children who are living in single parent families, or families going through significant transitions.

Rainbows fosters emotional healing among children grieving a loss from a life-altering crisis or other significant changes in their life. Rainbows provides a safe, confidential and caring environment for young people to sort through their pain and confusion, build self-esteem and learn coping tools to deal with their change, loss and grief.

The goal is to assist participants in expressing feelings, understand and talk about these feelings and to learn to let go of them and get on with living.

The facilitator assists the participants in expressing feelings.

The program consists of twelve weekly sessions conducted during school hours.

This year the staff member trained to facilitate the Rainbows Program is Michelle Romano.

If you are interested in your child participating, please email admin@mcps.wa.edu.au or speak to your child's classroom teacher.

Music

First, I would like to say a BIG THANK YOU to everyone for attending the 2015 Mater Christi End Of Year Christmas Concert. It was a fantastic night and the children looked amazing! We really appreciated the amount of time and effort you all put in to their costumes. We look forward to doing it all again this year!



This Term in Music, students will be learning about the following musical elements: Beat, Rhythm, Pitch, Melody, Dynamics and Tempo. Students will explore these elements through listening to various excerpts of music, playing a range of percussion instruments and using different iPad apps.

The **Instrumental Programme will begin in Week Three** with available spaces to learn Piano, Guitar, Drums, Violin and Voice starting from Pre-Primary. Please fill in the Instrumental Programme form found in the office, music room or parent page and return it to the office by the end of Week Two. Forms received after this time will unfortunately have to start in Term Two.

Last but not least, Junior and Senior Choir will also begin in Week Three. **Junior Choir** is open to students in **Years Two and Three** while **Senior Choir** is open to **Years Four, Five and Six**. 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.

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

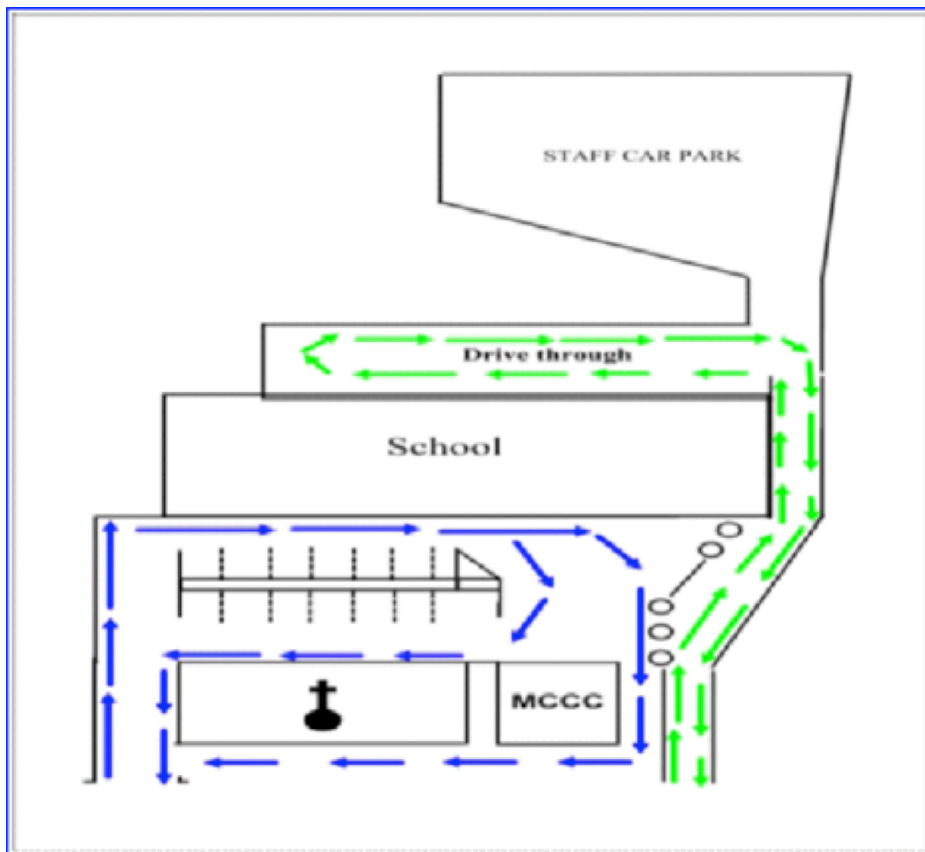
Ms Alison Ross



Parking and Traffic Flow around the School

Below is a reminder about our Parking and Traffic rules to ensure the safety of our children at all times. We ask for you to exercise patience and caution.

- The first driveway with green arrows is 'drive-through' and is for pick-up and drop-off only. Overtaking in the 'drive-through' to get to the back of the school is potentially dangerous. If there is a need to gain access to that area, drivers must wait in the queue.
- The second driveway with blue arrows is for parking, and getting out of the car to walk in to the school to collect children. This area has an 8km speed limit.
- Please be courteous to others and allow them the time to 'Reverse park'.
- Stopping or double parking is not permitted. Please only park your vehicle in a designated parking bay.
- Please do not ask children to wait for you at the front of the school or on the oval. They are to wait in the undercover area where they are supervised.
- The 'Baby Bays' are for the use by parents/guardians with prams.



Parking

Thank you for remembering to reverse park! It is the safest option. Parking information is on the school website. If you have a towbar, please try to reverse park short of the brick paving on the oval side, so that walkers can get safely past your vehicle. The oval will be open next week as well, until more people start using the drive through. Please do **not** park on the grass or paving around the school.

Canteen

We now have a new range of Mrs Macs gluten free pies and sausage rolls.

Pies are \$4.50 and Sausage rolls are \$4.00.

If you use Our Online Canteen, please remember to change your child's classroom number from last year to the new 2016 class so their lunch goes to the right class. We now have fish burgers available every day in the canteen for Lent.

Thankyou
Heidi & Joh

Mater Christi Kindergarten Enrolments 2017

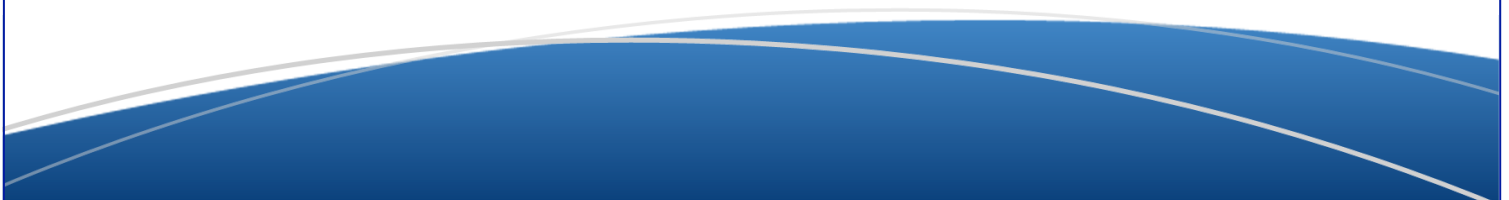
Limited Spaces Left

If your child's birthday is between
1st July 2012 and 30th June 2013
they are due to start Kindergarten 2017.

PLEASE

ensure you have handed in your Enrolment
form to the front office.

The last thing we want is for a child in one of
our families to miss out. Also, if you know of
people interested in applying, please
encourage them to do so straight away.



Invitation to Mater Christi Students

Mater Christi students from Years two to Year six have been invited to be part of an environmental group at Emmanuel Catholic College.

The club will be held on Monday afternoons from 3:30 to 4:30pm working with staff and students from Emmanuel College Enviro Group.

Please return the permission slip to Mrs Ziegelaar through the office if you are interested in participating.

This is a great opportunity hope you can be a part of this!

Mrs Ziegelaar
Science Specialist



The Council and Staff of the Parents and Friends Federation of WA would like to welcome everyone back to the new school year. We trust that at this stage, into week two, you are all back into the routine of lunches, uniforms and searching for those elusive permission slips at the bottom of school bags.

The staff here in the office have hit the ground running and are currently working hard to get information about our upcoming conference in May out to all schools. The dates for the conference this year are Friday 20th and Saturday 21st May. The Awards of Excellence in Building Positive School Communities will be presented at the conference dinner on Friday 21st May. Nomination forms for the Awards of Excellence are already available on our website, so get your entry in early!

We are also receiving lots of calls in the office from parents who are working hard to ensure P&F's and parent groups get off to a good start for the year. If you need any information about office bearer's roles, governance or just some general advice please don't hesitate to contact us.

Theresa McDonnell, the new Liaison Officer at the Federation, has settled beautifully into our small office and she, along with Siobhan Allen (our Executive Officer) is looking forward to getting out and about and meeting with parents and parent groups in Catholic schools throughout the state. If you would like to arrange a visit from PFFWA to your school, please contact the office or email theresa@pff.wa.edu.au and we would be delighted to organise a time.

Best wishes
PFFWA Council and Staff

Behavioural changes with starting school

Starting school involves a big change for your child. It is normal for children to have strong feelings as they start to think about these changes, such as excitement about the prospect of going to school as well as nervousness about what lies ahead. Your child may also be feeling sad or angry about leaving early childhood education and care. This includes letting go of relationships formed with educators and other children, as well as a change to their familiar routines. Some common feelings children have during transition to school can include:

- excitement
- sadness
- anger
- anticipation
- fear or anxiety

Understanding and helping your child to handle the feelings associated with starting school will help to reduce their stress and can provide them with positive coping strategies.

Common behaviours

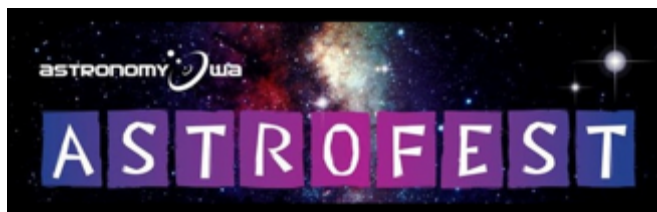
Young children often have difficulty explaining in words how they feel. Instead they may show their feelings through their behaviour. Some behaviours may be easier to spot like tantrums and crying, while others may be more difficult to notice like being quieter than usual. During the transition to school you may notice the following behaviours emerge or increase in frequency:

- clinging behaviour (eg not wanting to separate from you)
- restlessness (eg difficulty settling at activities, easily distracted, fidgeting)
- withdrawing (eg not participating in familiar activities, less engaged, less willing to persist)
- being anxious (eg shyness, fidgeting, stomach aches, needing excessive reassurance around the routines or plans for the day)
- refusing to comply (eg not wanting to follow rules and routines)
- avoidance strategies (eg increased negotiations around participation)
- planning and organisation difficulties (eg trouble getting started, remembering or finishing tasks)
- increase in crying and tantrums (eg more often or in more situations)
- changes in eating habits (eg loss of appetite, becomes fussy with food, overeating)
- sleep difficulties (eg trouble falling or staying asleep, nightmares)
- regression to younger behaviours (eg bedwetting, thumb sucking, baby talk)
- aggressive behaviours (eg hitting, kicking, shouting).

These behaviours are examples of different ways children respond to challenging situations. They are very typical for children within this age group and you have probably already noticed some of these behaviours during other times of change. However, if the behaviours persist or are interfering with your child's daily life it is a good idea to get further help.

This information was sourced from www.kidsmatter.edu.au

Curtin Science Outreach



Astrofest 2016

Astrofest is back in 2016 with an astronomically awesome event the whole family will enjoy!

Taking place at Curtin Stadium on Saturday the 12th of March, this astronomy festival of epic proportions will be an engaging celebration of Australian science.

As well as optical and radio telescopes observing throughout the day and night, Astrofest will feature a myriad of interesting, engaging and exciting indoor and outdoor activities for the whole family.

There will also be many different telescopes to try out, or you can bring your own for some expert advice in getting the most out of it. Bring an early supper and make yourself comfortable in the picnic area.

When: 12th March 2015 from 17:30 - 20:30 (solar observing begins at 4.30pm)

Where: Curtin Stadium, Curtin University.

Who: All are welcome

Cost: free

Every Parent Should Know These

Children with healthy self-esteem and self-confidence learn more, achieve more and are generally happier than those with low confidence levels. However building children's and young people's confidence is complex.

Great confidence-builders use a number of approaches that impact on how kids' think, how they feel and what they can do.

Here are 5 practical strategies that you can use to build real self-confidence in kids of all ages:

1. Model confident thinking

Kids soak up the language, thinking and behaviour of those closest to them in their environment. Parents and teachers play a part in modelling confident thinking and behaviour especially when it comes to tackling new activities. In particular, let kids hear positive self-talk when you tackle something new. They should hear something like *"I'll have a go at this. If I don't do so well then I can try again tomorrow."* This is far more effective than *"I'm no good at this. I'll probably stuff it up."* What story are you creating that your children will copy and pass on?

2. Focus on effort & improvement

Current thinking shows that people who believe that they can increase their intelligence through effort and challenge actually get smarter and do better over time in school, work, and life. One way to develop this 'growth mindset' is to focus your language on effort and improvement rather than on the results of what kids do. By linking success with effort you are teaching them success comes from something other than pure ability, talents or smarts.

3. Praise their strategies

While effort is key for achievement, it's not the be all and end all. Kids need a broad repertoire of approaches – not just sheer effort – to learn and improve. Focus your language on better and smarter ways of improving. Comments such as *"That was a smart idea to tackle the hardest task while you were fresh!"* and *"You recognised the first few steps were the most important but then after that you were right"* are descriptive statements that have significant instructional value for kids.

4. Develop self-help skills from an early age

A child's self-esteem comes as a result of his or her successes and accomplishments. The most important competencies to build confidence are basic self-help skills. These form the building blocks upon which other competencies such as organisational skills and many social skills are formed.

5. Give them real responsibility

From a young age, start giving children responsibility for some aspects of their lives. By giving kids responsibility we are sending a powerful message that we think **they are capable**. Also they are learning the skills necessary to be independent.

Most importantly, great parents and teachers have a knack of communicating confidence in kids. They find ways to let kids know that they believe in them – that they know their kids will perform and succeed, that they have faith that they can deal with life's challenges and know that they can become more independent.

This information was sourced from Michael Grose 'ParentingIdeas'

Jimmy's Tennis

Are you the next Novak Djokovic or Angelique Kerber? Join us before school on Thursday mornings to show us what you've got!

Jim Guilfoile from Jimmy's Tennis is offering lessons from 7:40 until 8:25 on Thursdays starting on the 11th of February

The cost is \$105.00 for eight weeks, and each eligible student will receive a free ANZ Hot Shots T shirt. Racquets are also available to purchase for \$25.00 each. Contact Jim **now** to reserve your spot on 0403 743 147, or email him at jimmystennis@iprimus.com.au. Enrolment forms are available at school reception.

Apple AC Power Adaptors

Apple has recently decided to recall a certain type of power adaptors due to the fact that they may break and create a risk of electrical shock if touched... pretty "shocking" right? Apple is saying that if we return the power adaptor to them they will replace it free of charge.

Check out this link for more information and the attached picture <http://www.apple.com/support/ac-wallplug-adapter/>
<http://www.news.com.au/technology/gadgets/mobile-phones/apple-is-recalling-ac-power-adapters-for-use-in-australia/news-story/fbdd6c25e922c3627975bf199d1ab451>

Iona Presentation College- Scholarship Program

In 2017 the following scholarships may be offered at Iona Presentation College.

Sr Alacoque Gittins Academic Scholarship - a minimum of two (2) academic scholarships will be awarded to incoming Year 7 students.

Sr John Jones Academic Scholarship - a minimum of one (1) academic scholarship will be awarded to a student entering Year 10.

Sr Joan Evans General Excellence Scholarship - a minimum of one (1) scholarship will be awarded to an incoming Year 7 student.

Ionian Past Pupils Association (IPPA) Scholarship - a minimum of one (1) academic scholarship will be awarded to an incoming Year 7 student, who is the daughter / stepdaughter / granddaughter of a Past Pupil.

There are also a number of Music Scholarships on offer at Iona Presentation College. Scholarships are awarded for both Musical Excellence and Musical Aptitude. When a scholarship is awarded for Musical Aptitude, the instrument to be learnt will be designated by the Head of Music. Beginner students are also encouraged to apply for a Music Scholarship.

Please visit <http://www.iona.wa.edu.au/enrolments/scholarships/> to find out more and to apply online.

*Please note closing date for all scholarships is **27 February 2016**.*

After-School Soccer Coaching Clinics (Term 1)

All Pre-Primary to Year Three children were given a registration form for an After-School Soccer Coaching Clinic starting Wednesday the 17th of February (3.25pm – 4.25pm). 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 or complete the registration form and return it to reception by Tuesday the 16th of February. (Spare registration forms are available at reception). If you have any queries, please call Jacob Aquino on 6162 0932.



Emmanuel CATHOLIC COLLEGE
Educating Tomorrow's Leaders, Today

Enrolment places filling fast for 2017
Interviews for 2018 have now commenced

**Open Day
17 March 2016**

Please contact the College to register your attendance
We offer two tours 9.10am-10.40am & 4.20pm-6.00pm

Accepting online Academic & Music Scholarship Applications for
Year 7 2017 & 2018

Gifted & Talented Program
Emmanuel Netball Academy
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For further information and bookings contact
our Registrar on 9414 4055 or email: enrolments@emmanuel.wa.edu.au

www.emmanuel.wa.edu.au