

# Mater Christi Catholic Primary School Newsletter

Volume 16

5<sup>th</sup> June 2015



*May the Martyr Saint Boniface be our advocate,  
O Lord, that we may firmly hold the faith  
he taught with his lips and sealed in his blood  
and confidently profess it by our deeds.  
Through our Lord Jesus Christ, your Son,  
who lives and reigns with you in the unity  
of the Holy Spirit,  
one God, for ever and ever.  
Amen.*

Dear Parents/Guardians

I trust everyone had an enjoyable and restful long weekend, it was certainly very timely. I loved the way our students came back to school last Tuesday with an excellent attitude and with great enthusiasm. It's great to see everyone in the right frame of mind and ready to tackle the second half of Term Two.

I have recently heard a few whispers about the blog section of our new website not being as user friendly as the "old facebook blog". I have spent some time exploring the blog on my smartphone and found I was able to have full access and functionality. I encourage all parents and guardians to spend the time to sign up and get to know our new blog. If we are able to get as many families as possible to access and use the blog, I'm sure it will be an effective tool in communicating and finding out relevant information. Remember every person that joins will go into a special draw to receive a \$100 voucher. If anyone is still struggling to access the blog or anything else on the website please contact the ladies in the office who are more than willing to help.

With the cold and flu season now in full swing, I want to remind everyone that it is important to keep unwell children at home. Remember excluding one ill/infectious person protects many others from becoming ill. More information can be found by clicking on the following link.

<http://www.mcps.wa.edu.au/wp-content/uploads/School-exclusion-guidelines.pdf>

Next Friday 12th June our P&F will be hosting Australia's Biggest Morning Tea in the Mater Christi Community Centre straight after our whole school Mass. There will be some fantastic prizes to be raffled off, so if you are free, and able to come along and support a great cause, it would be greatly appreciated. Don't forget to bring a gold coin donation for the Cancer Council.

Have a great weekend.

Mark Ryan  
Acting Principal

## Dates for Next Week

**Monday  
8<sup>th</sup> June** 9am Mass (3A)

**Tuesday  
9<sup>th</sup> June** 9am Mass (5C)  
7pm P & F Meeting

**Wednesday  
10<sup>th</sup> June** School Banking  
**Uniform Shop Open  
8am to 10.30am  
1.20pm to 3.20pm**

**Thursday  
11<sup>th</sup> June**

**Friday  
12<sup>th</sup> June** 9am Whole School  
Mass (Yr 1) followed  
by Australia's Biggest  
morning Tea

**Saturday 13th June /  
Sunday 14th June**

Mater Christi Catholic Primary School  
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## Religious Education



### Confirmation

All professional photos from Confirmation are now available online at <http://www.prophotobooth.com.au/>. Please refer to the email sent during the week or your child's class blog for the password.

### 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. We look forward to your continued support throughout the term.

Best Wishes  
Courtney Dunsire  
Assistant Principal

## Parish Corner



### First Communion Commitment Masses

First Communion Commitment Masses will take place during Parish Masses this weekend. All children receiving the Sacrament of First Eucharist are required to attend. Parish Mass times are Saturday at 6pm, Sunday at 8am, 10am & 5pm.

### First Holy Communion Masses

Online bookings for First Holy Communion Masses are available from **Monday 8<sup>th</sup> June**.

The Masses available are:

- ❖ Saturday **1<sup>st</sup> August 6pm**
- ❖ Sunday **2<sup>nd</sup> August 8am or 10am**
- ❖ Saturday **8<sup>th</sup> August 6pm**
- ❖ Sunday **9<sup>th</sup> August 10am or 5pm**
- ❖ Saturday **15<sup>th</sup> August 6pm**
- ❖ Sunday **16<sup>th</sup> August 8am or 10am**

To register for a Mass, bookings can be made at **[www.trybooking.com/GVYR](http://www.trybooking.com/GVYR)**

## Support

Tracy Duffy is the Support Coordinator at Mater Christi. She is involved with classes from Kindergarten to Year 6 and is available from Monday to Friday. Tracy provides in-class support and is also available to assist with the following:

- organising appointments for our school psychologist Tony Schneider
- liaising with Talk the Talk Speech Therapy and Total Health Occupational Therapy
- coordinating the Mini-Lit early literacy intervention program
- joining meetings with the classroom teacher and parents to discuss strategies to target the needs of the individual, including learning difficulties and disabilities
- our whole school assessment schedule e.g. NAPLAN
- assisting with the management of students on an Individual Education Plan (IEP) and Curriculum Adjust Plan (CAP)
- special needs funding
- high school transition for students with a disability

Tracy can be contacted through the office on 94175756.



**Aim: To provide strategies for families to teach their children how to respond if they are being bullied at school**

### **Talking with your children about being bullied**

*Many children who are bullied do not tell a trusted adult as they think they are dobbing.*

**'Dobbing'** is when a person deliberately tries to get attention or to get someone else into trouble.

**'Asking for help'** is when someone feels the situation is out of his/her control and he/she is unable to deal with it alone. If anyone sees someone else in this situation they should also ask for help.

**What are students being taught at school to help them deal with bullying situations?**

### **All students at our school are being taught that:**

When I have a problem I can:

- Try to stand up for myself in a positive way
- Try to talk with the person I am having a problem with
- Walk away and ignore the person completely
- Get help from a teacher or another person I trust
- Ignore the situation and keep playing or working
- Talk to a friend to get some ideas to help me make a decision or
- Try coming to an agreement with the other person

**You can reinforce these messages by discussing them with your children at home.**

**Consider trying some of these ideas to improve the way you talk with your children about tricky issues.**

### **Sit shoulder to shoulder or walk with your child as you talk**

- Talking face to face can be quite confrontational, particularly for boys. Sitting or walking side by side will encourage both you and your child to talk freely.

### **Use open-ended questions**

- It is easy to ask your child if they had a good day or if they would like toast for breakfast; however these questions only require a yes or no answer.
- Try asking questions such as "What did you do today?" or "What would you like for breakfast?" These types of questions encourage discussion between you and your child.

### **Talk with your children about what to do rather than what not to do**

- It is common for us to focus on negative behaviour, such as "don't step in that puddle" or "stop swinging on your chair".
- Try telling your children what you would like them to do rather than what you don't want them to do.
- You can do this by using positive statements such as "please step over the puddle" or "please put the chair legs on the floor".

## Science news

Waste Free Wednesdays are about to start!!! June 17<sup>th</sup> Week 9.

Please read the attached documents with all the information you need to help kick start our Waste Free Wednesdays.

We will also be conducting a Waste Audit next Thursday afternoon and our SRC's and Science captains will be involved. We will audit how much recyclable waste material we produce and throw to landfill.

The kids are also pumped as each class has started their own sustainability initiative.

Have a look for the recycling station in your year level!!

Year Level	Initiative
PP	Colgate recycling
Year 1	Ring-pulls
Year 2	Worm Warriors
Year 3	Plastic / Can recycling
Year 4	Litter
Year 5	Gardening club
Year 6	Paper Recycling
Science	Waste free Wednesdays
Parents	Batteries

Finally a big thank you to the parents who dropped over much needed materials.

Keep collecting keys and bottle tops they will be great for our wind chimes.

Also keep collecting 600 ml plastic water bottles if you have them, they always come in handy for our investigations!!

Yours in Science  
Mrs Ziegelaar



## Waste Free Wednesdays



Dear Parents,

Mater Christi is holding a Waste-Free Lunch Challenge starting Wednesday Week 9. On this day, we ask that your child's lunch contain as few items as possible that must be thrown away. Ideally, your child's lunch will only contain items that will be eaten, composted or recycled.

Examples of how to pack waste-free lunch items are provided in the attached guide. Reusable containers are a handy way to pack a waste-free lunch. They also make it easy to buy food and drink in bulk (instead of in single-servings), which can save money over time.

The Waste-Free Lunch Challenge is one of Mater Christi's sustainability education initiatives. By participating, students will have a better understanding of how we can take action to reduce our waste.

Waste-free lunches also save money and promote healthy eating. The school canteen is also working towards providing waste-free lunches.

Year Two's are starting our very own worm farm so all the Fruit and vegetable scraps (e.g. apple cores and banana skins) will be composted at the school through our compost/worm farming system.

If you have any questions, comments or concerns about the Waste-Free Lunch Challenge, please don't hesitate to contact the school

Lastly, join the Waste-Free Lunch Challenge! Seeing you go waste-free for lunch at the same time is the best possible motivation for your child.

Starting next week lets start minimizing our waste and save money too!

Thank you for supporting your child's participation in Mater Christi's Waste-Free Lunch Challenge.

Yours sincerely,  
Brendwyn Ziegelaar  
Science Specialist  
Mater Christi



## Tips for Waste-Free Lunches

Waste-free lunches contain only items that are eaten, composted or recycled. They don't contain wrappers or packaging that will be thrown in the rubbish bin.

Example of lunch items with waste	Example of items in a waste-free lunch
Sandwich in disposable cling wrap or plastic sandwich bag	Sandwich in a snug-fitting reusable container
Chips or pretzels in a plastic/foil packet	Snacks in a reusable container
Juice in a squeeze pouch, with a plastic straw	Water, juice or other drinks in a reusable and resealable bottle, filled at home from a bulk container
Yoghurt in squeeze pouches or plastic 'shot' bottles	Yoghurt in a small reusable container, filled at home from a bulk container
Individually-wrapped muesli bars	'Trail mix' in a reusable container
Pre-packaged fruit salad in a small plastic tub or tin	Whole fruits without packaging or fruit pieces in reusable containers
Pre-packaged 'snack pack' of crackers and cheese spread	Raw or salad vegetables such as carrot, lettuce, tomato, cucumber and celery, plus a small container of dip
Individually-wrapped confectionary bars or cakes	Muffin, fruit bread or biscuits in a reusable container
Individually-wrapped cheese sticks / strings	Cubes/slices of cheese in a reusable container

**Reusable containers** – Using reusable containers is the cornerstone of a waste-free lunch! Suitably sized containers will keep sandwiches intact and make little treats easy to pack. Although reusable containers may have a higher upfront cost than a roll of plastic wrap, they are durable, they will save you money in the longer term and they will help to reduce waste. Look at some great examples at, <http://mumsgrapevine.com.au/2015/01/nude-food-lunch/>

**Buying in bulk** – Buying items such as juice, yoghurt, crackers, biscuits and cheese in bulk quantities or containers, rather than in individual servings, will probably save you money as well as reduce waste. It also allows your child to drink or eat only as much as they want at one time, and then they can reseal the container.





## Year Six Graduation

### Reminder for All Year 6 Parents

Please remember to submit photos of your child/ren for inclusion in the 2015 Year Book to the Year Book Committee. Photos must be in JPEG format and forwarded to the Head of the Year Book Committee, Ruthy Gonsalves, either on a thumb drive or via email (ruthy727@yahoo.com.au) by **Monday 15<sup>th</sup> June**. If you have any questions, concerns or need another letter, please do not hesitate to contact Ruthy.



Australia's  
Biggest  
Morning  
Tea

## AUSTRALIA'S BIGGEST MORNING TEA

**Friday, 12<sup>th</sup> June 2015**  
(in the Mater Christi Community Hall  
following whole school Mass)

Hello everyone!

It's that time of year again to raise money for the Cancer Council over a cuppa or two. All money raised goes directly to the Cancer Council.

### DONATIONS

This year there are going to be some great prizes raffled off; that being said

**I'm seeking prize donations**, which we will raffle off during the morning tea. If you run a business or know of any organisations that would like to donate a prize for this great cause please let me know. All donations big and small are gratefully accepted. Please contact me, Anna Park, via email - rapark@aapt.net.au

Please, **SAVE THE DATE**, come and enjoy a cuppa and cake and don't forget your **gold coin donation for the Cancer Council**. Cheers, Anna



## P & F News

The next P & F Meeting will be held in the staff room next Tuesday 9<sup>th</sup> June at 7pm. All are welcome.

The agenda and meeting minutes can be viewed via the Class portal using the MC blog password.

If you haven't already, check out our new school website and sign up to the portal page and parent blog. We are hoping for 300 members by the end of Term Two and all those that register will be in the draw for a great prize!! Spread the word and tell your Mater Christi friends to do the same. Simply click here <http://portal.mcps.wa.edu.au/register/> to register and start blogging.

Kate Godwin-Johnston, P&F

## PE News

### CROSS COUNTRY TRAINING

Cross Country Training commenced this week. Training is open to all students in Year Three to Six. Everyone is encouraged to attend. It is a brilliant way to get into shape for the upcoming Cross Country Carnival (Monday 29<sup>th</sup> June). Training Days are as follows:

DAY	WHEN	TIME
TUESDAY	MORNINGS	8:00 – 8:25AM
THURSDAY	MORNINGS	8:00 – 8:25AM

**Parents please note** that children must change into their school uniform after cross country training in the morning ready for regular classes unless it is their sports day.

Ryan Donnelly  
HPE Specialist

## Canteen

Order your lunch on OUR ONLINE CANTEEN TWICE in the month of June to go into the draw for a FREE LUNCH valued at \$5.00! Winners will be notified by email and have their accounts credited with \$5.00 to be used on any lunch item!  
Good Luck!

Also Malones sausage rolls are now available WEDNESDAY, THURSDAY AND FRIDAY for the rest of the term for \$3.00 for lunch sales only.

Heidi and Joh  
Canteen Staff

## Class Rep Events

- **KA – Saturday 27<sup>th</sup> June – 7pm**  
*The Burrendah Tavern, Willetton, RSVP to your Rep by 22<sup>nd</sup> June*
- **KB – Sunday 21<sup>st</sup> June – 1pm**  
*Sandrino's, Fremantle, RSVP to your Rep by 14<sup>th</sup> June*
- **KC – Friday 19<sup>th</sup> June – 3.30pm,**  
*Lollipops Playgym, RSVP to your Rep by 17<sup>th</sup> June*
- **KD – Friday 19<sup>th</sup> June – 7.30pm,**  
*Dragon Palace, Gateway Cockburn RSVP to your Rep*
- **1C – Sunday 28<sup>th</sup> June – 9.30am,**  
*Little Creatures, Fremantle, Family Breakfast, RSVP to your Reps by Monday 22<sup>nd</sup> June*
- **2A – Friday 26<sup>th</sup> June – 7.00pm,**  
*Café Royale, 2/19 Junction Boulevard, Cockburn Central, RSVP to your Rep by 23<sup>th</sup> June*
- **4b, 4C– Friday 12<sup>th</sup> June – 7.00pm,**  
*Dragon Palace, Gateway Cockburn RSVP to your Rep by 9<sup>th</sup> June*

## Rainbows

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](mailto:admin@mcps.wa.edu.au) or speak to your child's classroom teacher.

Michelle Romano  
Rainbows Facilitator

## Relationships Australia

### Parenting Courses – June 2015

#### WEST LEEDERVILLE

Parent Child Connection	Monday 8 June x 4 weeks
Kids and Todays Technology	Wednesday 17 & 24 June
Parent Teen	Saturday 27 June
Understanding Stepfamilies	26, 27, & 28 June

#### FREMANTLE

Mum Raising Boys	Wednesday 10 June
Dads Raising Teenage Boys	Wednesday 24 June

#### GOSNELLS

Dads Raising Girls	Tuesday 30 June
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For further information and to enrol  
please phone 9489 6322.

