



Newsletter No. 35

16 November 2022

The vision of St Lawrence Catholic Primary School, Balcatta is to share the message of God's love and friendship in a community of learners, developing the full potential of each child.



In the book Winnie the Pooh there's a passage in which Winnie the Pooh, Piglet and Rabbit get lost. Rabbit, the frantic intellectual, keeps steering them in circles.

Then he leaves, and Pooh tells Piglet, "Let's go home."

"But, Pooh," cries Piglet, "do you know the way?" "No," says Pooh.

"But there are 12 pots of honey in my cupboard and they have been calling to me for hours.

I couldn't hear their voices before because Rabbit *would* talk,
but if nobody says anything...I shall know where they're calling from."

Sometimes we need to quiet the Rabbit in our minds until we hear the pots of honey speaking to us. Many great Saints recount that it was in the stillness, the silence, the tranquillity, that was the place where they heard the voice of God.

I recount this scene as it is time to remain settled, a time to focus on the last few weeks of term for 2022 and a time to let our teachers and children focus on concluding the school year and commence the celebrations of the birth of Jesus.

Maybe in the quiet we too will hear the pots of honey that are calling us, maybe we will hear the voice of God.

Inspiring Christ-Centre Leaders

Annual General Meetings

Parents are invited to attend the **School Advisory Council AGM**, immediately followed by the **Parents & Friends AGM** on **Tuesday 22 November 2022 commencing at 7pm**.

Our last term of the year is quickly passing us by. Our dedicated staff are busy ensuring our students are being well prepared and supported as they complete their school year and begin the transition into the next stage of their learning and development. It is certainly a demanding time of the year, especially as teachers finalise the reporting process and as students continue their learning. It is wonderful that we have such a supportive and nurturing community to assist during these challenging periods of the year. I thank all the children for directing their energies towards their studies, the staff for their dedication and hard work and all community members for assisting our students and school at this very busy time.

Keeping the tranquillity in the home and ensuring routines are adhered to as closely as possible, really helps children settle and remain productive during busy times. Regular sleep times and healthy balanced meals are a significant factor in the success children experience at school. As I have often stated in the newsletter research is very clear that a child's family life is a critical indicator on the success a child will experience at school.

Catholic Schools of Excellence

Keep your kids safe online

When your kids start to interact on the Internet -- playing games, watching YouTube videos, socializing in virtual worlds, getting homework help, and searching on Google -- you may feel that you're losing control over your kids' world.

The best way to 'wrap your arms' around your kids' online activities is to spend some time with them while they're visiting their favourite sites. Talk with them about what they like and what they don't.

Why Internet safety matters

Kids today can go online from so many different sources, including video game consoles, iPhones and smart phones, and even handheld gaming devices. Young people are increasingly living their lives online, and their digital devices are some of their favourite toys and tools.

Shouldn't this new playground be a safe and nice place? With your guidance, it can be. Teaching internet safety early will have lasting rewards for you and your kids.

Internet Safety Basics

Help your kids understand that they should:

- Never share their names, schools, ages, phone numbers, or addresses;
- Never send pictures to strangers;
- Keep passwords private (except to parents);
- Never open email from strangers – it may contain viruses that can harm a computer; and
- Immediately tell an adult if something mean or creepy happens.

Strategies for a responsible -- and safer -- online life

- **Visit only age-appropriate sites.** Check out the site before your kids visit it. Know what features and what content exist and make sure they're good for your kids.
- **Search safely.** Use safe search settings for young kids or think about applying filtering software to limit inappropriate exposure.
- **Avoid strangers.** Tell your kids that people aren't always who they say they are in cyberspace. Explain that if someone they don't know talks to them, they shouldn't respond but should let you know.

- **Be a good cyber citizen!** Remind kids that an Internet playground is still a playground and they need to play nicely. A good rule of thumb: If they wouldn't do something in real life, they shouldn't do it online. Find out how your children can report mean behaviour or unkind content on their favourite sites and teach them how to do it.
- **Online cheating?** It's still cheating and it's a no-no – pure and simple.
- **Keep the computer in a central place.** So you can see what's going on.
- **Establish expectations and limits** about the amount of time your children spend online and what they do. Create a family media agreement for the amount of time spent on line.
- **View your own habits carefully.** You are their role models.

But, mostly, be involved and have fun with them! Keeping kids safe and teaching them how to use digital technology responsibly is all about staying involved. Start by showing interest in the sites they visit and the games they play and your job will be a lot easier when they start exploring these technologies more independently.

Catholic Pastoral Communities

At St Lawrence Primary School we believe all students have the right to learn and feel happy in a safe and secure environment. In order for this to occur it is important that all students, parents and staff understand their rights and responsibilities. These are outlined in our St Lawrence School Codes of Conduct. These documents are easily accessible via the school's website. I strongly encourage all to read these and have a sound and clear understanding of the implications of our Codes of Conduct and our obligations to abide by them.

Accessible, Affordable and Sustainable

ST Lawrence Primary School - ABSENTEE Protocols

Call the school on **9344 4944** by 8.30am on the day of absence. The following information is required:

- Full Name of Student
- Year/Class
- Reason for absence and expected length of absence
- Your name and relationship to the student

or an email sent to admin@stlawbal.wa.edu.au

All absences require a written explanation for auditing purposes.

Late Arrivals

If your child is arriving late to school, parents are required to be signed in at the school office.

Student Appointments

Children who need to leave the school during school hours (eg: for appointments with doctor, dentist etc) need to be signed out at the school office by the parent/carer and then signed in when they return to school from their appointment.

Change of Contact Details

Please notify the school of any changes to contact details including changes to emergency details and medication conditions.

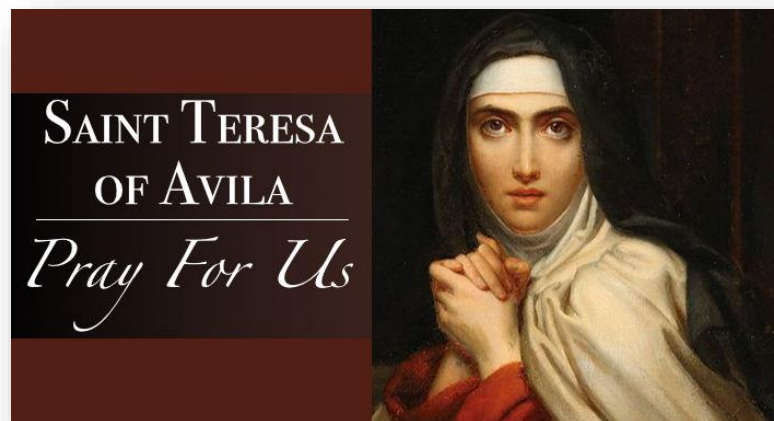
I close today with some thoughts from the great St Theresa of Avila. We sometimes lose sight of our own purpose and how we are meant to play a part in bringing peace to the world. So often it starts right here, in ourselves: with internal peace--a peace with Our Lord and a deep sense of rest in the creation He has made us. Such a peace radiates out into our families and our communities. Cultivated in each of us, it could bring about great change in our world. Let us pray to be instruments of peace even in moments when it seems the battle is lost.

"May today there be peace within. May you trust God that you are exactly where you are meant to be. May you not forget the infinite possibilities that are born of faith. May you use those gifts that you have received, and pass on the love that has been given to you. May you be content knowing you are a child of God. Let this presence settle into your bones, and allow your soul the freedom to sing, dance, praise and love. It is there for each and every one of us."

St Theresa of Avila.



Sheldon Carey
*M Ed, B Ed,
Grad Dip
Principal*



Our Year Six students, accompanied by Mr Carey and Miss Tranquille, visited Parliament House to have lunch with our local member of Parliament Mr David Michael MLA. We were fortunate enough to meet the Premier the Hon Mark McGowan during our visit.

The students were exceptional, and we were very proud of them.

ASSISTANT PRINCIPAL NEWS

WELLNESS WEEK

This week during Wellness Week students and staff were encouraged to be mindful, socialise, reflect and improve their wellbeing. A range of activities were offered to students each day and no homework was given, to allow families to spend precious time together. We hope everyone takes the opportunity to do something special with their families.

REMEMBRANCE DAY

Last Friday at 11am staff and students at St Lawrence attended a short, moving ceremony to commemorate Remembrance Day and to acknowledge and remember all who serve and have served our country. The ceremony was led by our Year 6 students. We were extremely proud of the respect shown by all our students during this ceremony. Thank you to Mr Haydon for preparing the students.

SWIMMING

Swimming lessons commence for students in Years 1 to 6 on Monday 21 November and will conclude on Friday 2 December. The swimming lessons will be conducted at Terry Tyzack Aquatic Centre, Inglewood. All children are to wear their sport uniform to school during the swimming program. Children will need to bring bathers, a plastic bag (for wet bathers), a towel, goggles and pool shoes.

WHOLE SCHOOL CHRISTMAS NATIVITY

We are all very excited about our upcoming Whole School Nativity on Thursday 8 December. The Whole School Nativity is compulsory for all students. Mrs Freeman, has communicated information regarding costumes to each classes. Please bring your child/children to the event fully dressed in their costumes. Thank you for your co-operation.

SCHOOL DISCO

The School Disco will be held on Friday 2nd December. The theme for this event is Celebrities. The children will be allowed to dress up in appropriate costumes in-line with this theme. After each session children will be able to be picked up outside the hall. Parents will need to find their child's teacher to sign them out before taking them home.

PP- Year 2 5.30-6.30pm

Year 3- 6 7.15-8.30pm

Disco tickets will be on sale before school and at lunchtime in the Undercroft in Week 8.

Tickets cost \$3. The ticket will entitle your child to a juice box and a packet of chips on the night.

This is a child only event. Teachers will be supervising each session.

The Year 6 student will perform their dance routine to the Year 3-6 students at the Disco and their parents at the Graduation Dinner.

ST VINNIE'S CHRISTMAS APPEAL

We have started collecting food for the St Vinnie's Christmas Appeal.

St Vinnie's are planning to make food hampers to share with the less fortunate containing items that may be used for a Christmas meal.

Some suggested items are:

plum puddings, Christmas cakes, tinned hams, tinned fruits, jellies, lollies, boxes of chocolates, cool drinks, Christmas crackers, custards (pre-made), fruit juices, biscuits.

All donations will be gratefully received and will be used to bring joy to others in our community.

Please leave your items on the ledge in the Learning Centre. Donations will be collected by St Vinnie on Thursday 8 DECEMBER.



GIVING TREE

Our Christmas Giving Tree is set up in the Learning Centre. If your family would like to participate, please have your child select a gift tag and purchase a gift for the child outlined on the tag.

We suggest that you take your child to the shops and give them the opportunity to use their own money to buy their gift which will be donated to a child in need.

Please wrap your gift, attach the gift tag and leave it under the Giving Tree. Gifts will be collected on Thursday 8th DECEMBER.

Up Coming Events:

Kindy Nativity 25th November

Pre-Primary Nativity- 2nd December

Miss Kathleen Tranquille, Assistant Principal



Congratulations Merit Award Winners



LIBRARY NEWS



LIBRARY HIGH MORNING TEA

Just a reminder for our High Morning Tea winners, it will take place in the Library this Thursday starting at 10.30am. We are so excited to have you join us, we will see you then!

<u>Year 1</u> Harper L Teresa T Tristan S Mia C	<u>Year 2</u> Alessandra F Sofia B Brooklyn TW Aaron L	<u>Year 3</u> Lucas N Marcos N Amelie C Caoimhe C
<u>Year 4</u> Katia S Tim H Julian G Matthew C	<u>Year 5</u> Alessio P Sukhmani S Flynn Z Isabel B	<u>Year 6</u> Angela DT Lia DB Makayla M Joshua B



Mrs Louise Frenzel, Library Officer

Christmas Concert 2022

This term students are excitedly preparing for this year's Christmas Concert on Thursday, December 8, starting from 5.30pm.

Classes are practising two items, one that links with a scene of the Nativity, the story of the First Christmas, as told by our Year 6 cohort, and another to spread Christmas Cheer as our school year comes to an end. Students have been proactive in creating actions to complement their singing, and music times have been abuzz of enthusiasm and positive energy.

At the end of last week, letters, sent via Seesaw announcement, should have been received regarding student dress attire for the evening as well as information regarding arrival on the evening and run of events. Kindy and Year 6 correspondence will be received via your classroom teachers.

If you have any questions, please do not hesitate to contact me through email Stephanie.Freeman@cewa.edu.au or the office/your classroom teacher and I will return your message.

Mrs Freeman, Specialist Music Teacher



SENSATIONAL SCIENCE

Term 4 is all about Earth and Space for our St Lawrence Scientists. Across year groups, students are exploring the Solar System and Earth's relationship with the Sun and Moon. As well as, becoming experts on our Weather Systems, Earth's Atmosphere, Natural Disasters and our Earth itself, specifically soils and rocks and how our sky and landforms have changed over time.

I've found that our young learners are quite inquisitive when it comes to this unit of study. And many share in lessons prior knowledge from their personal interests in Space.

To further our learning, Space Week was celebrated at the commencement of the term, and students were given the opportunity to consider "If I Were An Astronaut..." as well as express their personal wonders of our Earth, Space and Beyond.

Bringing Science into our homes, we experienced a Total Lunar Eclipse last week, something we won't see again until March 2025. Many students, across all year levels, described eye-witness accounts of our sky the evening of November 8, 2022, including photos and videos taken from their own backyards.

This has been a fun and exciting unit of study to round out Science for 2022 at St Lawrence.



Mrs Freeman, Science Specialist Teacher

SWIMMING LESSONS



Swimming lessons this year will commence on Monday 21st November and conclude on Friday 2nd December.

Lessons will take place at Terry Tyzack Aquatic Centre, Inglewood.
Each lesson will be 35 minutes in duration and children will be grouped into three different time sessions.

Session 1:	Years 2 and 5	
	Depart St Lawrence	11.30am
	Lesson time	12.00 – 12.35pm
	Depart pool	12.40pm
	Return to St Lawrence	12.55pm
Session 2:	Year 3 and 4	
	Depart St Lawrence	12.15pm
	Lesson time	12.45– 1.25pm
	Depart pool	1.30pm
	Return to St Lawrence	1.45pm
Session 3:	Year 1 and 6	
	Depart St Lawrence	1.05pm
	Lesson time	1.30 – 2.05pm
	Depart pool	2.10pm
	Return to St Lawrence	2.25pm

All children are to wear their sport uniform to school during the Swimming Program.
Children are to bring bathers, a plastic bag (for wet bathers) a towel, goggles and some pool shoes.
They will be changing into their bathers at school and back into their sport uniform at school.

Mrs Claire Major, Physical Education Teacher

UNIFORM SHOP NEWS

GIRLS RED SKORTS

Girls Red Skorts have been discontinued by the manufacturers, unfortunately out of our control. Girls have the option to continue wearing girls red skorts UNTIL THE END OF 2023, alternatively Red Sport Shorts are available for girls and boys to purchase from the uniform shop. Currently we have limited stock of Size 4 and Size 6 Skorts ONLY.

KINDY STUDENTS 2022

Please note that a compulsory uniform is required for commencement to Pre-primary 2023. Please place your uniform orders as soon as possible. Orders placed will be ready and payment is required on collection commencing WEEK 7, 23rd NOVEMBER

PRE-PRIMARY STUDENTS 2022

A compulsory uniform is required for commencement to Year one 2023. Please place uniform orders as soon as possible. Orders placed are now ready and payment is required on collection.

EARLY CHILDHOOD STUDENTS 2023

Students commencing Pre-Kindy and Kindergarten in 2023 are not required to wear a compulsory school uniform but are encouraged to wear a Red Early Childhood T-Shirt and a Red Early Childhood Track Top. Library Bags are compulsory to purchase for Kindergarten. Stock is available to purchase directly from Uniform Shop. Order forms/price lists are available from school office or uniform shop.

SECOND HAND UNIFORMS

End of year CLEARANCE SALE of 20% off all second hand uniforms will be available by WEEK 8, 30th NOVEMBER until WEEK 9, 8th DECEMBER.

Thank you to parents who have kindly donated second hand uniforms that are WASHED and in good saleable condition. Please NO hats, socks and ties. Track jackets with broken zips or any torn uniforms cannot be accepted.

LOST PROPERTY BOX

The lost property box located at the entrance of the Learning Centre is full of uniforms (jackets and jumpers) that have not been claimed. By the end of this term uniform items that are not claimed will be cleared and then sold as seconds at the Uniform Shop. Please ensure with your child if missing any uniform articles, to check in the lost property box.

Please do not hesitate to contact me for any enquiries or to place an order on Angie.Miola@cewa.edu.au or come to the Uniform Shop opening times.

Mrs Angela Miola, Uniform Shop Manager

Uniform Shop Opening Hours:
Wednesday 8.30am to 9.30am
Thursday 2.30pm to 3.30pm

CANTEEN NEWS

Thank you to my helper last week Lucia C on Thursday and Jess C on Friday to help with serving the Pre primary children.

Swimming lessons will be held in week 7 & 8. As we have three different lunch times, we have a reduced menu, and have added sushi as an option on both Fridays, please see attached menu.

Canteen Christmas Raffle tickets are now on sale from the canteen - 1 for \$5 or 3 for \$10, drawn Friday 9th December at line up.

Canteen Christmas Raffle tickets are now on sale from the canteen - 1 for \$5 or 3 for \$10. The raffle will be drawn Friday 9th December at line up.

- 1st Prize \$300 Scooter Hut Voucher - donated kindly by David Michael MLA
- 2nd Prize 4 x Silver GA tickets to Perth Glory 10th March, Perth Glory soccer ball and wallet - kindly donated by Perth Glory
- 3rd Prize Event Cinemas Family Pass - kindly donated by Event Cinemas Innaloo
- 4th Prize Warwick Supabowl Family Pass - kindly donated by Warwick Supabowl
- 5th prize \$50 Wish gift card and 6th Prize \$50 Wish Gift Card - kindly donated by Woolworths Roselea
- 7th prize Pancake Maker Gift pack - kindly donated by Mrs Frenzel
- 8th Prize Wine gift pack - kindly donated by Radich Family

Thanks so much to all our donors for your generosity!

If you are unable to call into the Canteen to purchase a ticket, you may send money in an envelope and tickets will be sent home via your child.

SWIMMING LUNCH MENU	
Wednesday Chicken Burger \$5 Beef Burger \$5 + Cheese \$0.50	AVAILABLE DAILY Toasted sandwiches Ham & Cheese, Ham, cheese, tomato \$4 Tuna, cheese & mayo \$4.50 Vegemite and cheese \$3.50 Cheese \$3.50 Tomato & cheese \$3.50 Chicken Strips x2 \$4 Nuggets (5) \$4 Add sauce \$0.50 Chicken Strip Wrap \$4.50 Spinach & Ricotta sausage roll \$4
Friday Sausage sizzle \$4 Pie \$4 Add sauce \$0.50 Sushi (preorder by Wednesday prior) Tuna, Chicken or veg 5 piece \$5.50 6 piece \$6.50	Thursday Sausage sizzle \$4 Sausage roll \$3.50 Pie \$4 Add sauce \$0.50 Lasagna \$4.50
Ice creams 50c - \$3	DRINKS Juice \$2 Glee, Chill J, choc or strawberry milk, Up & Go All \$2.50 Water \$1

Sushi Special
Friday 25th
November &
Friday 2nd
December
5 piece \$5.50
6 piece \$6.50
Tuna, Chicken
Teriyaki or
Vegetarian
Please preorder
by Wednesday
prior



PIC•COLLAGE

St Lawrence Canteen **Christmas Raffle!**



1st Prize: \$300 Scooter Hut Voucher

2nd Prize: Perth Glory Pack (4 x silver general admission tickets 7th March, soccer ball, wallet)

3rd Prize: Event Cinema Family Pass

4th Prize : Warwick Supabowl Family Pass

5th Prize: \$50 Wish Gift Card

6th prize : \$50 Wish Gift Card

7th Prize: Pancake Maker Gift Pack

8th Prize: 2 Bottles of Red Wine

1 ticket for \$ 5

Or

3 tickets for \$10

**Tickets on Sale Now Raffle drawn: Friday 9th
December**