



Newsletter No. 30

23 September 2020

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.



Inspiring Christ-Centre Leaders

I wish to thank all involved in our Sports Carnival on Friday. I was absolutely impressed by all our students. I have received email correspondence from community members congratulating me on the day, which is always delightful to receive. Obviously, the day was going to be somewhat different from previous carnivals due to the prevailing circumstances, however, it was a hugely successful day.

Thank you to Mrs Major and all staff and community members for their support and service on this day. Mrs Major coordinated a well-run and incident free event. Our boys and girls were exceptional, and I personally witnessed many examples of sportsmanship and making Jesus real. Thank you to all the parents and family members who attended and a special shout out to all those who helped with the tents, setting-up and packing away. A big thank you to those who volunteered as judges or coaches throughout the term and supported where and when they could.

May I also express my sincere gratitude to all who abided by the COVID-19 safety measures in place. I really value and appreciate the support in helping the school do all to keep our community healthy and safe. Well done to you all.

Catholic Schools of Excellence

I was recently looking through some literature how we all see actions and events only through our own lens. How, for example one parent sees their child and how they might view the actions and behaviour of another person's child. How we are all informed by our own interpretations of events and actions. Our own bias and our own preconceptions. This is quite normal. The trick is however, to be able to see this and understand this and then move forward to action based on knowing our own preconceptions that are influencing our decision making. Thus, making an informed decision, but by encompassing the knowledge of own precognition.

Children are, by definition, immature. They act impulsively. They make mistakes. They have very little judgment. They certainly have little experience to draw upon. Acknowledgement:

"The Magic That Happens When Adults See Other People's Kids as Three-Dimensional Humans" by Braden Bell in The Washington Post, February 18, 2019

In my day to day undertakings I certainly see the above quote in action in our children and their choices. But it's important to remember that children are just that...children. As the author notes...prone to mistakes, lacking in experience, short on control and balance mechanisms and often not future focused...Let me be completely honest I see this in many adults as I go about my daily life...on the roads, in shops, at the park. Children are learning at all stages of their life. They watch us intensely as adults, how you react, what you say, how you respond to the driver in the school drop off and pick up or on the freeway, your random acts of kindness, your priorities to attend mass, to give generously to those in need. All actions are being watched and learnt.

We must allow our children room to move, room to make choices. Yes, they will be wrong from time to time, most certainly. But seize that time to make a positive learning experience. To build strong foundations. Use the error to build capacity and aptitude. Every teacher knows we learn more from our children's mistakes than from a clear page covered in ticks. We build learning experiences upon our failures as they shape the needs and directions required to build and grow. Our little ones simple don't have the experiences to make informed and conscious decisions all the time. Let's take these rich learning opportunities as they present themselves and scaffold on them. Build the positive and not the negative. Of course, choices have consequences and the adults must place appropriate consequences on the choices that have been made. Boundaries need to be put into place and parameters for the children to stay within must be reinforced.

Catholic Pastoral Communities

All God's blessings on our wonderful confirmation candidates. The celebration of Mass and Confirmation was very special indeed. I thank Bishop Justin, Father Emil, Mr Hayden and Mrs Brennan for all their wonderful support of our students on this very special occasion in their lives. May God's blessing be with the candidates and their families and may the Holy Spirit guide them on their journey always.

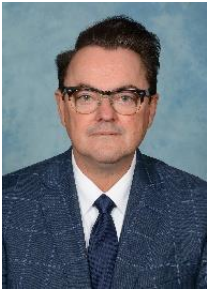


Accessible, Affordable and Sustainable

Thank you to all families who have attended to outstanding fees. This is greatly appreciated and helps the school to maintain its high levels of service and support and its outstanding educational opportunities. If any families are still having difficulties in addressing outstanding fees, please make an appointment to see me personally to discuss this matter and ways the school can support.

As we have received incredibly supportive feedback regarding our drop off procedures in the morning, we intend to keep this process in place until the end of Term IV. It is a significant impact on our morning staffing arrangements and classroom procedures and staff have been marvelous in supporting this matter.

God bless each and every one of you.



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



PASTORAL CARE



A prayer this week for all of those who will be travelling over the school holidays.

**“Lord, be our guide and our protector
on the journey we are about to take.**

Watch over us.

Protect us from accidents.

Keep us free from harm to body and soul.

Lord, support us with Your grace when we are tired.

Help us be patient in any trouble which may come our way.

Keep us always to be mindful of Your presence and love.

Amen”

We ask for prayers for the Sgambelluri Family – Alessio (Pre Kindy) - on the very sad loss of his Great Grandfather, affectionately known as Big Dedo. May he rest in peace.



HOME LEARNING TIPS – Family Wellness

Getting into healthy routines is a struggle for many people today. And it can be even more challenging when your goals involve getting the entire family on board with a new, healthy lifestyle. Most families say they want to work on setting healthy family goals but simply don't know how to improve family wellness. Whether it's the demands of a busy work schedule, school activities, or social media, family wellness can sometimes end up towards the bottom of the list of priorities.

If creating a plan to improve family wellness has been a struggle for you and your family, well here are 12 tips I've sourced that might be of benefit. I believe family wellness is very important. The general wellness of a child and the routines and events of family life are a significant factor contributing to success at school. Research indicates a child's success at school depends greatly on what is happening at home. The impact of the teacher and the learning at home comes second to the impact of the home on learning at school.

1. Eat meals together.

Having a regular routine around either preparing or eating meals together is a great way to improve family wellness and bonding.

Make the commitment to put mealtime as a priority. You may not be able to sit down every single night for dinner, but work towards breaking bread with family on a regular basis so this becomes the norm, not the exception.

2. Simplify your family schedule.

There's a lot of talk nowadays about how families have "hectic" schedules. Everyone is so "busy" all the time, including children.

It seems like the majority of families have accepted chaos and confusion as the norm. And despite how much we complain about packed schedules and being "busy," nothing will really change unless we do. Because, think about it: who is creating the busy schedule or making life hectic? It might not be easy to admit, but oftentimes much of the chaos is self-imposed.

Here are a few tips for creating a schedule that fosters family wellness:

- Take a few minutes at the beginning of each week to plan the week ahead.
- Keep a master family calendar somewhere visible, like the refrigerator, and update it weekly.
- Create a regular weekly schedule for regular tasks like laundry, cooking, and cleaning.
- Save time by performing certain tasks in advance such as ironing clothes, packing lunches and snacks, and prepping meals.

3. Designate a family fun night.

Designate one night a week as "family night" and plan to do an activity together. One idea is to play a board game as a family. Board games can teach children life skills and will provide opportunities for problem solving, learning how to deal appropriately with losing (and winning), relieving stress, and building creative thinking.

4. Hold regular family meetings.

Communication is an essential ingredient for family wellness.

During family meetings, encourage children to share their thoughts on decisions around regular routines like meals, children's responsibilities, or family outings. They can also contribute when larger decisions are being made such as family vacations and even how to handle some of the family's finances.

Give your children age-appropriate ways to contribute that allow them to feel empowered and ultimately, more invested in the home. Holding regular family meetings opens up doors for everyone in the family to feel their contribution counts.

5. Develop healthy sleep habits for all family members.

Vitamin "S" or Sleep is critical for family wellness. Sleep is just as important to your family's wellness routine as eating healthy and getting adequate amounts of physical activity.

Adequate sleep is one of the number one factors that set a child up for a successful day at school!

6. Volunteer for a cause together.

Helping other individuals, families or animals – or working for a special cause – is a great way to spend family time. Search out opportunities to help out in your local community and volunteer as a family. Looking no further than your local parish church will provide opportunities to help and support others as a family. Our school also runs a charity event most every term. Make these a family event.

7. Preserve family memories.

There are many ways to preserve your family's memories. One great tool is photo albums that capture your family's special moments. Having a way to preserve your family's special occasions or milestones can aid your family wellness as family members gather to look at albums, go through scrapbooks, reflect on memories and share stories.

8 Get active as a family.

Everyone knows that exercise is a good habit for a healthy lifestyle. It is a great way to meet your individual health goals and improve family wellness. But does your family have an activity plan that includes everyone? Creating a fitness plan for the whole family is another key to help improve family wellness.

Get outside together.

After a long day at work or school, the first thing your family may want to do when they get home is crash on the couch and snuggle in for hours of screen time. Perhaps a family walk may be a better option... Whether it's a regular evening walk in the neighbourhood, bike-riding, gardening, or going out to parks, going outdoors as a family is a great way to get away from the daily grind, have fun, and reconnect as a family.

9. Visit relatives.

We now have technology that enables us to connect with people whenever, wherever. From family members that live around the corner to those that live around the globe, we can see our relatives in real time with a simple connection over the internet.

But virtual video calls are not the same as an in-person connection. Making the effort to visit relatives will help your family to maintain healthy relationships with grandparents, aunts, uncles, cousins, and distant relatives.

Spending time with family and visiting loved ones has great benefits for all family members including boosting emotional wellness and happiness.

10. Drink more water.

The human body is made up of roughly 60 – 70% water, and nearly all of our body's functions need water to work properly. You will all know the common recommendation that we should all be drinking eight glasses of water per day.

Reasons to Drink More Water

Water helps to detoxify the body.

Water helps maintain a healthy weight or lose weight.

Drinking water can help to prevent or alleviate headaches.

Water assists with digestion.

Water fights fatigue and boosts productivity.

Drinking more water is a great way to improve your family's physical and mental wellness. And it's low cost.

Summary: How to Improve Family Wellness

The key to improving family wellness is taking it one step at a time. Make small changes over time. I have listed these ones I've come across they are only suggestions, but they offer some options you may want to consider.

FROM THE ASSISTANT PRINCIPALS

RECONCILIATION DATES

The Parent evening for those children receiving the Sacrament of Reconciliation will be held in the Hall at 7pm on Wednesday 14th October, Week 1 next term. We look forward to seeing at least one parent from each family in attendance.

| | |
|------------------------|------------------------|
| Parent Meeting | Wednesday 14th October |
| Family Workshop | Wednesday 21st October |
| Reconciliation Retreat | Friday 23rd October |
| Reconciliation Liturgy | Wednesday 28th October |

ZOO CAMP

Our Year Fives will be attending Zoo Camp on Thursday and Friday. We know they will have an amazing experience and thank the staff who are accompanying them, for their time and for preparing such a unique opportunity for our students.

GRADUTATION PHOTO

The Year 6 Graduation Photos are scheduled for 11am on **Thursday 24th September**. Children will need to come to school in their winter uniform and their leavers jacket. As it is a sports day children will be allowed to bring their sports uniform to change into after the photos.

PUPIL FREE

A reminder that our first day of Term Four, Monday 12th October, is a pupil free day for all students.

We wish all our families a restful break and are looking forward to seeing everyone refreshed and ready for Term Four on **Tuesday 13 October**.

TERM DATES

Term Three Ends **Friday 25 September**

Term Four Commences for students **Tuesday 13 October**

Pupil Free Day Monday 12 October – **Staff Professional Learning Day**

Ms Kathleen Tranquille & Mrs Gabrielle Brennan Assistant Principals

PRE KINDY

Who could believe we have finished Term 3! We have had so much fun and only have one term left before the children will be in Kindy. When we return to school after the holidays our focus will be **All About Fun** so we will have lots of great activities to keep us occupied for the first four weeks of the term.

We would like to welcome a new class member – Luka. A new friend to play with and get to know. **WELCOME LUKA!**

I hope that you have enjoyed sharing the Take Home Story Books this term – which will continue into next term also. We appreciate you reading at home with your children and helping them to develop great skills and routines.

During the holidays please do lots of talking to your children about what is happening – especially if the weather is nice and you can be outside doing lots of nice things. I believe I may have shared this in Term Two, but it is worth looking at and may provide some ideas for simple things to do in the holidays. <https://www.natureplaywa.org.au/> Have lots of fun and stay safe.

Mrs Kaylene Bozich, Pre Kindy Teacher

KINDERGARTEN

We can't believe the term is nearly over! What a busy but fun term it has been. The children had a great time last Friday at the sport carnival. They ran their little hearts out and we are so proud of their efforts, well done Kindy's!

This term we have achieved so much and are now ready for a bit of a rest over the holidays. Please spend some time getting the children to practice writing their names and saying the sounds we have covered this term. This week we continue with learning the letter sounds for SATPIN and forming these letters correctly.

I would like to thank you parents for your support this term and to wish you all a happy and safe break. This year has had many challenges so far and it has meant each family has had to be flexible and take on new challenges. On a personal note I'd like to thank you for being so understanding. We look forward to seeing everyone next term as we start with the theme of 'The Weather'. In particular we will be focussing on sunshine, rain and rainbows. Have a wonderful holiday everyone and enjoy the time with your children.

Mrs Rachel Wake, Kindergarten Teacher

PRE PRIMARY

Firstly, I'd like to congratulate the Pre Primary children on their first Sports Carnival last Friday! It was an amazing day and all the children did so well in participating in their events. Their enthusiasm was so exciting to see, they all did a magnificent job!

Term Three is almost over. It is so hard to believe that we are almost at the end of our Pre Primary journey together. The children have really enjoyed learning about Space this term. They made posters on the planets in small groups and will be presenting the information to the class this week. Look out on Seesaw for their presentations!

Wishing you all a happy and safe holiday. I look forward to seeing you and your beautiful children next term!



Mrs Tania Preston, Pre Primary Teacher

YEAR ONE

It is hard to believe this term is already over.

The children should be very proud of their efforts and behaviour at the sports carnival on Friday. It was lovely to see the children not only cheering for their factions but also for each other.

After a very busy term and lots of hard work the children are well deserving of a break.

It is important that the children read or be read to everyday during the holidays.

Mrs Bozich, Mrs Baker and I wish you all a very happy holiday break, stay safe, enjoy some relaxing time with your families. We will see you all next term.



Mrs Gloria Edwards, Year One Teacher

Thanks to all the Year Ones who have worked very hard this term. We have been very busy, and the children have shown great focus and put in big efforts with their work on Mondays. It is a wonderful way to start off the exciting week that they share with each other, Mrs Edwards, Mrs Baker and myself. I hope that the holidays are restful and a special time to share with families.

Mrs Kaylene Bozich, Year One Teacher (Mondays)

YEAR TWO

It was a great end to the term with a visit to Perth Zoo today.

The children used their detective skills to investigate the basic needs of animals in the Asian Rainforest.

They then had time to explore around the zoo discovering all the different animals. A huge thank you to all the parent helpers who volunteered to assist for the day. Your help was much appreciated.

I hope you all have a lovely and safe holiday and I look forward to seeing you all in Term Four.

Miss Allison Spagnolo, Year Two Teacher



YEAR THREE

As I write my last newsletter for the term, I am reminded of the wonderful learning opportunities and events that children have been exposed to, the generous support from a range of people and the ongoing progress and achievements of the children. Thank you to my wonderful students for all we have been able to accomplish this term. Multiplication facts are the building blocks for other important topics taught in maths. Given this, I encourage you to continue to work with your child regularly with these at home. Just a reminder that next term the Reconciliation Parent Evening is on **Wednesday 14th October at 7pm**. I wish you all a safe and relaxing break. We will see you back here for the final term of Year 3.

Ms Kathleen Tranquille, Year Three Teacher

YEAR FOUR

Term 3 has been a busy yet, wonderful term. We had a terrific day on Friday participating at our Sports Carnival. It was great to see all our students cheering on for their factions and friends.

In Numeracy, we have been learning about Capacity and Volume. Last week, we got to be witches and wizards and create magic potions that had to be a capacity of no more or less than 600mL. The children had so much fun problem solving and getting creative with this activity. I would like to thank all parents for their continued support and cooperation in the classroom and at home. I am very proud of how all the children have worked this term.

I wish everyone a happy and safe holiday break.

Miss Kayla Fogliani, Year Four Teacher



YEAR FOUR TERM 3
HAVE A SAFE BREAK!

YEAR FIVE

It is hard to believe that we are at the end of another term that was jam packed with lots of fun and learning. We completed some great Art activities, visited the Electoral Education Centre and Constitutional House to learn about democracy and voting, spent time with our PP buddies, planted some shrubs donated by the City of Stirling with Mr Tonge, enjoyed hands on learning during our Maths Groups, had Mrs Di Carantonio show us how to trap a gas and took part in the Athletics Carnival to name a few of the things we did this term. Wow!!

Last week we visited Servite College to complete a Religion activity with the Year 8 students and yesterday we were lucky to have Vince Connelly come and speak to us about his role as the Federal Member for Stirling. On Thursday the very excited Year Fives are off to Zoo Camp. A big thank you to all parents for returning the permission slips and medical forms and for all your help and support this term. Enjoy the holidays, stay safe and remember to read every day.

Mrs Roselyn Pizzino, Year Five Teacher



YEAR SIX

What a beautiful Confirmation Mass we were given by Bishop Emeritus Justin Bianchini. The newly confirmed wore smiles which complimented their lovely attire. I hope they put into practise the bishop's suggestion about morning prayer and decide to welcome the Holy Spirit each day.

Many compliments were made about the enthusiasm and dedication shown by our Year Six leaders at the Sports Carnival. I was very proud of their efforts in the tents and on the field. Our excursion to the Innaloo cinema to watch 'The Secret Garden' has been a wonderful opportunity to compare and contrast two ways of presenting this touching story.

I hope you enjoy the holidays and treasure this time with your family.

Mr Phil Haydon, Year Six Teacher



CLASS REP NEWS

Dads night out for Years 5, 3 & Pre Kindy

Dads night out at Tassels at Innaloo across from IKEA. Saturday 31st October at 6:30pm. Food and drinks are ordered and paid separately at the bar. Final numbers are needed as soon as possible in order to book a table. Please RSVP to March 0417 514 224 by 9th October. Looking forward to seeing many dads!

NETBALL NEWS

St Lawrence defeated Carine 19-14 in the Grand Final on the weekend. **Congratulations** to our Premiers for the U/12 - Division 7 Winter Season. This is St Lawrence's first Grand Final appearance since 2017 and first ever premiership - one to go down in history! Special thanks to the parents and supporters in what has been a challenging year for everyone. We look forward to seeing you all at the end of year wind up.



L-R

Antonella Deluca (Manager), Natalia D, Carmela D, Tiana J, Sienna F, Jason Fazari (Coach), Chloe F, Olivia L, Savanha M & Stella F



L-R

Sienna & Carmela holding the Premiership Flag & Medal



We are currently seeking expressions of interest for committee members - Secretary & Vice President positions for 2021. Please email stlawnetball@gmail.com with any interest or queries you may have.

Cheryl Cappa - President, St Lawrence Netball Club

UNIFORM SHOP

SCHOOL SUMMER UNIFORM

Next term children must return to school in the correct summer uniform.

GIRLS

| SUMMER |
|---|
| Regulation blue dress, with white collar |
| Black school shoes with white school socks or dark blue school sandals |
| St Lawrence school hat |
| St Lawrence school bag |
| St Lawrence library bag |



BOYS

| SUMMER |
|--|
| Regulation grey shorts |
| Regulation blue short sleeve shirt with school crest on pocket |
| Black school shoes with grey school socks or dark blue school sandals |
| St Lawrence school hat |
| St Lawrence school bag |
| St Lawrence library bag |



Students in Year 1 to Year 6 will return to school in Term 4 in their summer uniform.
Please ensure the correct uniform is worn.

- ❖ Girl's blue summer dresses should be knee length.
- ❖ Boy's blue shirt must be tucked in grey shorts.

Last day that the Uniform Shop will be open this term is Thursday 24th September.



The Uniform Shop is having an end of winter **second hand uniform** clearance sale.

******20% OFF ALL ITEMS******

Second hand uniform sale commences Wednesday 9th September and finishes Thursday 24th September.
NO exchanges or refunds.

Uniform Shop Opening Hours
Wednesday 8.30 am to 9.30am and Thursday 2.30pm to 3.30pm
Mrs Angie Miola, Uniform Shop Manager

PHYSICAL EDUCATION

Congratulations to all students who participated in the Athletics Carnival last week. There were some wonderful performances and many displays of excellent sportsmanship. I was very proud of all students involved.

On behalf of the school I would like to offer a huge thank you to all the parents who kindly contributed their time and enthusiasm. We have a wonderful community at St Lawrence and this was very apparent and visible last Friday.



Interschool Carnival is fast approaching on the **4th November** at the State Athletic Centre. Unfortunately, it has been decided that the Year 1 and Year 2 students will not be involved in this event. This allows the older students to participate in more events.

Mrs Claire Major, Physical Education Teacher



Containers for Change is coming to the City of Stirling on October 1. Show you care for the environment and support our school community by bringing in your eligible aluminium, glass, plastic, steel and liquid paperboard drink containers. Containers must be clean, empty and with the lids off. Our school will then receive a refund for these containers which will be used for resources to make our school more sustainable. Please see the website below for further information and to find out if your containers are eligible for collection. The holidays are a great time to start collecting. Thank you for your support.

<https://www.containersforchange.com.au/wa/>



Mrs Roselyn Pizzino, Year Five Teacher

CANTEEN NEWS

THANK YOU

To my helpers last week Tara and Rebecca on Thursday and all the wonderful mums who lent a hand on Friday to make lunches go so smoothly!

Thank you this week to Caterina, Cheryl, Lyan, Nancy, Leah, Renee Franco, Renee Femia and Tara. Your help is very much appreciated.

Please note that Friday is 'pizza special' only and no other lunch orders will be available.

We thank the community for your ongoing support this term. We wish you a safe and relaxing break.

*Christina, Fran and Antonella
2020 Canteen Staff*



COMMUNITY NEWS

