



Newsletter No. 15

2 June 2021

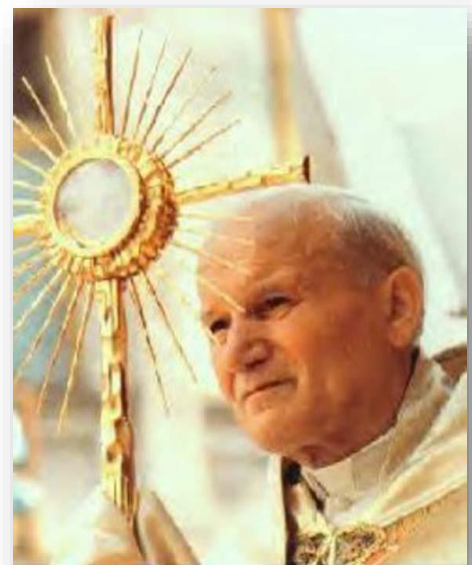
The vision of St Lawrence Catholic Primary School, Balcatta is to share the message of God's love and friendship in a community of learners, developing the full potential of each child.



The Feast of Corpus Christi. 'Day of the Most Holy Body and Blood of Jesus Christ the Lord', also known as the Solemnity of the Most Holy Body and Blood of Christ, is a Roman Catholic, Anglican, and Western Orthodox liturgical solemnity celebrating the Real Presence of the Body and Blood, Soul and Divinity of Jesus Christ in the elements of the Eucharist. Two months earlier, the institution of the Eucharist at the Last Supper is observed on Maundy Thursday in a sombre atmosphere leading to Good Friday. The liturgy on that day also commemorates Christ's washing of the disciples' feet, the institution of the priesthood and the agony in the Garden of Gethsemane.

The feast of Corpus Christi was proposed by Saint Thomas Aquinas, Doctor of the Church, to Pope Urban IV, in order to create a feast focused solely on the Holy Eucharist, emphasizing the joy of the Eucharist being the Body and Blood, Soul and Divinity of Jesus Christ.

The feast is liturgically celebrated on the Thursday after Trinity Sunday or, "where the Solemnity of The Most Holy Body and Blood of Christ is not a holy day of obligation, it is assigned to the Sunday after the Most Holy Trinity as its proper day".



Inspiring Christ-Centre Leaders

A reminder Friday is a student free day. Staff are participating in a Retreat Day as part of the Accreditation to Teach and Work in a Catholic School. The day will focus on the Church History and Morality. Staff will be taken through a historical journey of the Church's rich history, and the development of moral decision-making practices. Also, the Monday of Week Eight is the WA Day public holiday.

Catholic Schools of Excellence

A reminder to all parents and caregivers when dropping children off at school you are not to create a second drop-off row. Staff are at both drop off points and we try to move as quickly as possible. Children take time to disembark from vehicles safely. Please maintain single file procedures. To create a second row is extremely dangerous and simply not acceptable. Please refrain from this practice immediately. This is a child safety concern for the school and your full support is expected at all times. At no time when we are on school grounds should our actions or choices pose a risk to child safety. Thank you to the vast majority of parents and caregivers who patiently and thoughtfully do the correct thing.

Catholic Pastoral Communities

Anxiety, worries and fear: a normal part of childhood.

It's **normal for children to show signs of anxiety**, worries and fears sometimes. In most cases, anxiety in children and fears in childhood come and go and don't last long.

In fact, **different anxieties often develop at different stages.** For example:

- Babies and toddlers often fear loud noises, heights, strangers and separation.
- Pre-schoolers might start to show fear of being on their own and of the dark.
- School-age children might be afraid of supernatural things (like ghosts), social situations, failure, criticism or tests, and physical harm or threat.

Babies and young children don't tend to worry about things. For children to be worried, they have to imagine the future and bad things that might happen in it. This is why **worries become more common in children over eight years of age.**

Children also **worry about different things as they get older.** In early childhood, they might worry about getting sick or hurt. In older childhood and adolescence, the focus becomes less concrete. For example, they might think a lot about war, economic and political fears, family relationships and so on. Worry and fear are different forms of anxiety. Fear usually happens in the present. Worry usually happens when a child thinks about past or future situations. For example, a child might be fearful when she sees a dog and also worry about visiting a friend with a pet dog.

How to support your child with anxiety

If your child shows signs of normal childhood anxiety, you can support them in several ways:

- Acknowledge your child's fear – don't dismiss or ignore it.
- Gently encourage your child to do things they are anxious about, but do not push to face situations not wanted by the child.
- Wait until your child actually gets anxious before you step in to help.
- Praise your child for doing something they are anxious about, rather than criticising for being afraid.
- Avoid labelling your child as 'shy' or 'anxious'.

Types of anxiety in children

Children experience several types of anxiety. A child might have only one type of anxiety or might show features of several of them.

Social anxiety in children

Social anxiety is fear and worry in situations where children have to interact with other people or be the focus of attention. Children with social anxiety might:

- believe that others will think badly of or laugh at them
- be shy or withdrawn
- have difficulty meeting other children or joining in groups
- have only a few friends
- avoid social situations where they might be the focus of attention or stand out from others – for example, talking on the telephone and asking or answering questions in class.

Separation anxiety in children

Separation anxiety is the fear and worry children experience when they can't be with their parents or carers. Children with separation anxiety might:

- protest, cry or struggle when being separated from their parents or carers
- worry about getting hurt or having an accident (they might worry about their parents or themselves)
- refuse to go to or stay at day care, preschool or school by themselves
- refuse to sleep at other people's homes without their parents or carers
- feel sick when separated from their parents or carers.

An article on [separation anxiety](#) has information and tips on helping your child.

Generalised anxiety in children

Children with generalised anxiety tend to worry about many areas of life – anything from friends at playgroup to world events. Children with generalised anxiety might:

- worry about things like health, schoolwork, school or sporting achievements, money, safety, world events and so on
- feel the need to get everything perfect
- feel scared of asking or answering questions in class
- find it hard to perform in tests
- be afraid of new or unfamiliar situations
- seek constant reassurance
- feel sick when worried.

When to be concerned about anxiety in children

Most children have fears or worries of some kind. But if you're concerned about your child's fears, worries or anxiety, it's a good idea to seek professional help.

You might consider seeing your GP or another health professional if:

- your child's anxiety is stopping them from doing things they want to do or interfering with friendships, schoolwork or family life
- your child's behaviour is very different from children the same age – for example, it's common for most children to have separation fears when going to preschool for the first time, but far less common over the age of eight years
- your child's reactions seem unusually severe – for example, your child might show extreme distress or be very hard to settle when you leave them

Severe anxiety can impact on children's health and happiness. Some anxious children will grow out of their fears, but others will keep having trouble with anxiety unless they get professional help.

Finding professional help and treatment for children with anxiety

You can seek professional information and advice from several sources:

- your child's teacher is always a good place to start
- your child's GP or paediatrician, who will be able to refer you to an appropriate mental health practitioner
- your local children's health or community health centre
- a specialist anxiety clinic
- your local mental health service.

Sick Students

We ask parents to please keep their children at home if they are sick and not send them back to school until they have fully recovered, this will avoid spreading illness around the school. If your child is sick and you are keeping them at home, please email your child's teacher and CC administration admin@stlawbal.wa.edu.au.

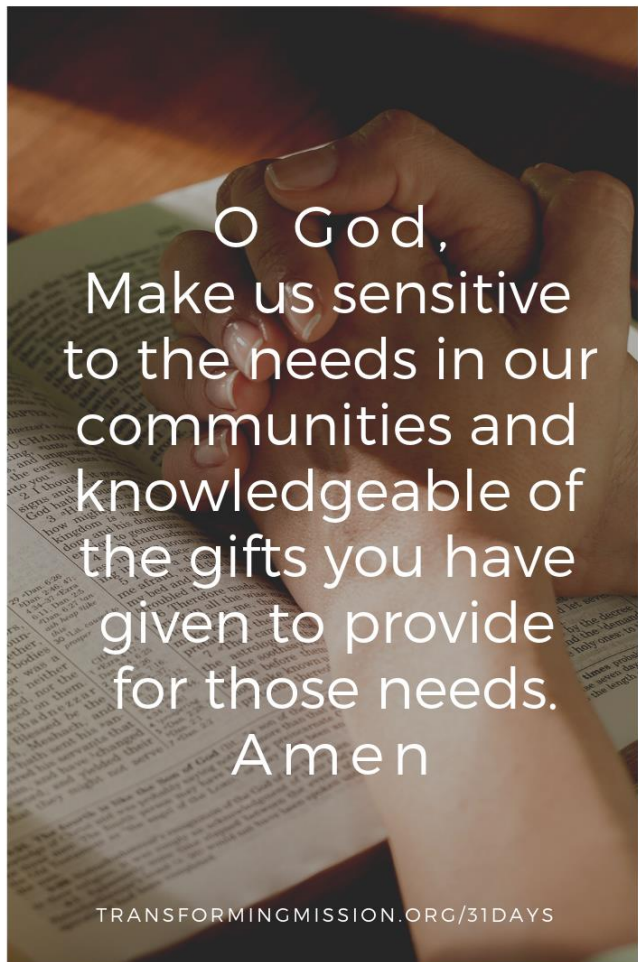
"A leader is best when people barely know he exists,
when his work is done, his aim fulfilled, they will say: we did it ourselves"

Lao Tzu

God bless each and every one of you.



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



O God,
Make us sensitive
to the needs in our
communities and
knowledgeable of
the gifts you have
given to provide
for those needs.
Amen

TRANSFORMINGMISSION.ORG/31DAYS

HOME LEARNING TIP

Given that children spend as much as 75% of their time at home, those children whose parents support their learning tend to be more motivated, engaged and enthusiastic in school, and are more likely to achieve their full potential.

Here are two easy and achievable habits you can embrace at home to help your children maximise their learning opportunities school.

Bedtime

Establish a good bedtime routine to ensure your child gets enough sleep and you will instantly assist them in school.

A well-rested child will find it easier to concentrate, will be less likely to pick up infections and will generally have more positive relationships with friends - all things that are conducive to good learning.

Bedtime is also a wonderful time to share a love of reading and books. If you are enthusiastic and positive about books, it is more likely rub off on your child.

Healthy Diet

There is no doubt that maintaining a healthy diet can be a challenge, but by setting a good example and encouraging children to eat a nutritious diet, rich in fruit and vegetables and low in fat and sugar, you will not only be educating your child in healthy eating, but also helping to ensure they are able to concentrate fully in school.



FROM THE ASSISTANT PRINCIPALS

WELLNESS WEEK

A healthy state of wellbeing enables young people to successfully overcome difficulties and achieve their full potential. Feelings of wellbeing are fundamental to our health. This week students and staff were encouraged to be mindful and spend quality time with their families. A range of activities were offered to students in each classroom and our sports leaders organised fitness activities at line up after lunch. A big thankyou to all our staff, parents and students who enthusiastically take part in wellness week each term.

LIFELINK DAY



Two of our Faith Leaders accompanied Ms Tranquille and Mrs Brennan to the launch of LifeLink day at Newman College today. LifeLink was established by the Archdiocese of Perth in 1994 to provide for the ongoing financial support of agencies established or assisted by the Church. LifeLink's agencies deliver professional services and caring support to people in need throughout Western Australia each year. The work of LifeLink is a positive demonstration of Faith in Action.

SACRAMENT OF RECONCILIATION



Family workshops for parents and candidates will be held in the school hall today at 5.30pm and 7pm. We hope that the students continue to be blessed with Jesus' love, mercy, and forgiveness in their endeavour to grow to be the best possible people God intended. Please keep the Year 3 Reconciliation candidates in your prayers as they complete their preparation for this Sacrament which will be celebrated on Wednesday 16 June at 6.30pm.

SCHOOL VALUES

At St Lawrence we advocate the following core values: *Joy, Courage and Unity*. They are based on Gospel values and best express some of the beliefs we hold that guide us in the way we think and act. We are focusing on the core value of Courage this term. With Christ as our guide, our school community stands up for its beliefs by meeting life's challenges with optimism. We are empowering our students to make choices that reflect the innate goodness of God.

PROFESSIONAL LEARNING

The staff at St Lawrence will be participating in a professional learning event facilitated by Mario Borg on Friday 4 June. The focus of the day will be on the Church's history and moral decision making.

PUPIL FREE DAYS

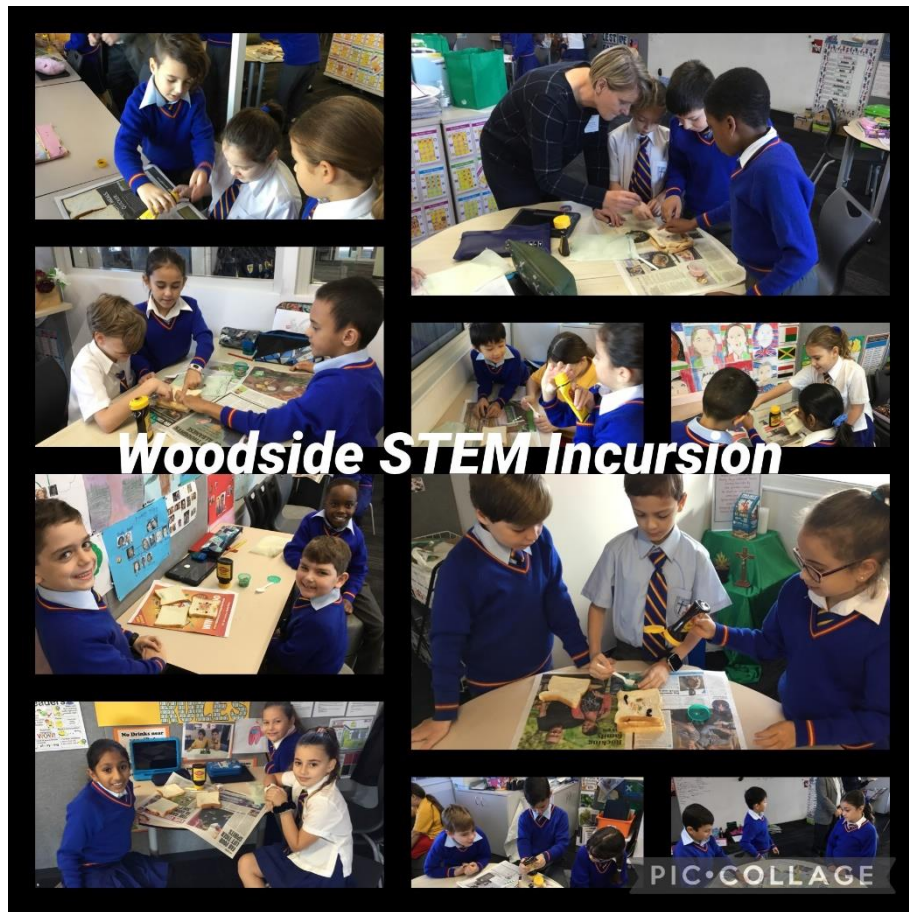
A reminder that Friday 4 June is a pupil free day and Monday 7 June is a public holiday.
School will be closed to students on these days.



Mrs Gabrielle Brennan & Miss Kathleen Tranquille, Assistant Principals

CLASS NEWS

YEAR THREE



The Woodside STEM incursion on Monday was amazing. Children created a sandwich reservoir. They enjoyed working collaboratively with each other to problem solve.

Tonight, the Year 3 children receiving their First Reconciliation this year and their parents will need to partake in a Reconciliation workshop with Mario Borg. The workshop will take place in the school hall. Families are required to attend either the 5.30 or the 7pm sessions. The Reconciliation Retreat Day is scheduled to take place on Wednesday 9th June. Children will be allowed to wear free dress.

Your child's actual Reconciliation Night is on Wednesday 16th June. On this night children will be allowed to wear neat casual attire. The children will need to arrive at the church at 6.15pm for a 6.30 start.

On Friday 11th June another incursion has been scheduled where the Fire Brigade will teach the children about fire safety in the home. The next few weeks are extremely busy.

Mrs Kathleen Tranquille, Year Three Teacher

YEAR FOUR

On Monday, we had some special visitors from Woodside join us for a STEM Incursion. The children learnt all about how to find oil in reservoirs using bread, vegemite, sprinkles and straws. They were fascinated by the experiment - some even wanting to find out more information about having a career in STEM!

In Numeracy, we have been focusing on learning our times tables and different multiplication strategies. The children are encouraged to practice their times tables at home so they can become Multiplication Ninja Masters! We have also been looking at Angles and learning about different language associated with angles such as acute, obtuse, right, greater than, less than, vertex and arms.

As it is Wellness Week, we have been focusing a lot of our time on taking care of ourselves and our wellbeing. We start every morning entering the classroom to quiet music and mindful colouring. Today we did some mindful stretching with our Year 2 buddies. There is no homework this week, besides reading - reading is not considered homework.

A reminder that there will be no school on Friday 4th June as it is a Pupil Free Day and Monday 7th June as it is a Public Holiday.



Miss Kayla Fogliani, Year Four Teacher

YEAR FIVE

Happy Wellness Week everyone!

The Year Fives are very excited about our visit to Fremantle Prison tomorrow with Mrs Stanton to consolidate the learning that we have been doing in History this Semester.

In Maths we continue our work on angles and are looking at the perimeter of regular and irregular 2 dimensional shapes. Our focus in Religion is on Penance and we are learning about what our conscience is and how this special gift from God helps us to make good choices.

The children have enjoyed working on their STEM projects and it has been wonderful to see them work cooperatively with their teammates. Our dragon eye drawings are coming along beautifully, and I can't wait to see all the finished products. Stay safe everyone and enjoy the extra-long weekend.



Mrs Roselyn Pizzino Year Five Class Teacher

YEAR SIX

The students have finished presenting their Science Keynote and have made wonderful posters to celebrate the WA Day holiday on Monday. Thank you for assisting your son/daughter to prepare to receive the Sacrament of Confirmation by regularly attending Mass and ensuring they get their booklet signed. We will be going to Mass for the feast of the Sacred Heart of Jesus on Friday 11th June. Our next Sacred Saints fixture is on Thursday 10th June. Next week we will be preparing for our Assembly on Friday 18th June.



Mr Phil Haydon, Year Six Teacher

War on Waste Lunches



War On Waste Lunches

Tuesday 1st June 2021

Our goal is to limit the amount of plastic and waste in lunchboxes by encouraging everyone to pack their lunchboxes without plastic bags, glad wrap or plastics that need to be thrown out.

LIBRARY NEWS

Ahoy there! As part of our look at hats that people wear, Pre Primary looked at a story about pirates, and made a pirate hat. We are really enjoying discovering all the different hats people wore in the past as well as those worn by people today.



BOOK CLUB

Issue 4 of Book Club will be sent home with your child today. Orders are due back at school next Tuesday 8th June. Unfortunately, we are unable to process any late orders.

Please send orders back with cash or order through the LOOP system on the Scholastic Book Club site. Could we also please ask that orders are returned to school with your child's name and class clearly marked.

Wishing you all and very enjoyable long-weekend.

Mrs Jane Stanton, Teacher Librarian



WINTER NETBALL NEWS

Just a friendly reminder that this week is a general bye week.
Round 6 will recommence on Friday 11th June for NetSetGo & Saturday 12th June for Juniors.

We are still in need of additional volunteers to join the Netball Committee.
Please contact stlawnetball@gmail.com for more information.

Cheryl & Nicole - SLNC Committee



*Photo: Year 1/2 (U8)
NetSetGo*

*Photo: Year 4/5 (U10)
NetSetGo*



CANTEEN NEWS

THANK YOU to my helpers last week Anne and Lucia, very much appreciated!

Year 5 parents in week 9, if you can help for a couple of hours on Thursday 17 June and Friday 18 June, please let me know.

REMINDER that the canteen days for week 10 is Tuesday 22 June and closed on Wednesday 23 June. The canteen will open again on Thursday and Friday.

BIRTHDAY ORDERS: Cupcakes or M & M cookies \$20, Brownies, Icy Poles or Honey Joys \$15 for the class. Also, kindy class - mini cupcakes are available for \$12.



CANTEEN MENU Please note we still have chicken fried Rice for \$4.50 or \$5.50 with a juice.

Thank you for your support.

2021 Canteen Staff