



Newsletter No. 24

10 August 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.

Dear Parents and Friends

The Assumption of the Virgin Mary into Heaven, informally known as the Assumption, according to the beliefs of the Catholic Church, Eastern Orthodoxy, Oriental Orthodoxy, and parts of Anglicanism, was the bodily taking up of the Virgin Mary into Heaven at the end of her earthly life.

The Catholic Church teaches that the Virgin Mary "having completed the course of her earthly life, was assumed body and soul into heavenly glory". This doctrine was dogmatically defined by Pope Pius XII on November 1, 1950, in the Apostolic Constitution *Munificentissimus Deus* by exercising papal infallibility.

In *Munificentissimus Deus* Pope Pius XII pointed to the Book of Genesis (3:15) as scriptural support for the dogma in terms of Mary's victory over sin and death as also reflected in 1 Corinthians 15:54: "then shall come to pass the saying that is written, Death is swallowed up in victory".

The Assumption is a major feast day, commonly celebrated on August 15. In many countries the feast is also marked as a Holy Day of Obligation.

Our school celebrates with a very special mass on Monday 15 August at 9am. I invite you all to come and share this special day with us all.

Inspiring Christ-Centre Leaders

As part of our ongoing commitment to excellence we strive to ensure all our teachers are well supported in their professional development. We run thriving Professional Learning Community (PLC) Meetings where teaching staff come together to ensure they are constantly reflecting on best practice. We also appoint different staff to undertake different roles to support staff development.



Miss Fogliani and Ms Tranquille both have significant roles in our learning community in supporting our Information Communications Technologies undertakings. These can be broken up to two main areas. Supporting the ICT capabilities and capacities of the school in general and then in the area of supporting the pedagogical undertakings. Basically, the learning which occurs in the classroom.

Working with staff to develop their skills and enhance their teaching pedagogies is a key undertaking to enhance the proficiency of our staff. As well as providing advice for Leadership on future directives. Both Kathleen and Kayla work at developing appropriate skills and pedagogical practices to meet the Australian Curriculum Information and Communication Technology (ICT) Capabilities. The below extract comes directly from the Australian Curriculum documentation that all Australian schools are mandated to follow. We here at St Lawrence are striving to be outstanding examples of education in the 21st Century and ICT is just one of the many areas we endeavour to shine in.

In the Australian Curriculum, students develop Information and Communication Technology (ICT) capability as they learn to use ICT effectively and appropriately to access, create and communicate information and ideas, solve problems and work collaboratively in all learning areas at school and in their lives beyond school. ICT capability involves students learning to make the most of the digital technologies available to them, adapting to new ways of doing things as technologies evolve and limiting the risks to themselves and others in a digital environment.

To participate in a knowledge-based economy and to be empowered within a technologically sophisticated society now and into the future, students need the knowledge, skills and confidence to make ICT work for them at school, at home, at work and in their communities. Information and communication technologies are fast and automated, interactive and multimodal, and they support the rapid communication and representation of knowledge to many audiences and its adaptation in different contexts. They transform the ways that students think and learn and give them greater control over how, where and when they learn.

The nature and scope of ICT capability is not fixed, but is responsive to ongoing technological developments. This is evident in the emergence of advanced internet technology over the past few years and the resulting changes in the ways that students construct knowledge and interact with others.

Students develop capability in using ICT for tasks associated with information access and management, information creation and presentation, problem-solving, decision-making, communication, creative expression and empirical reasoning. This includes conducting research, creating multimedia information products, analysing data, designing solutions to problems, controlling processes and devices, and supporting computation while working independently and in collaboration with others.

Students develop knowledge, skills and dispositions around ICT and its use, and the ability to transfer these across environments and applications. They learn to use ICT with confidence, care and consideration, understanding its possibilities, limitations and impact on individuals, groups and communities

I thank Kathleen and Kayla for all their leadership and support of our school.

Catholic Schools of Excellence

COVID-19 Term 3 RATs Distribution

Free rapid antigen tests (RATs) package allocated for your child/children is ready for collection. Each child receives an allocation of 20 RATs. This allocation supports the strategy to keep the school community COVID-19 safe. Use a RAT to test your child for COVID-19 if they have symptoms or are a household close contact. If your child is a close contact, they are required to attend school, as long as they receive a negative daily RAT result, remain asymptomatic.

We will be handing out the RATs as from this Friday:

- Parents/caregivers can collect from your child's class teacher before school or after school.
- There will be an additional supply of RATs available from the front office.

If your child has COVID-19 symptoms, they should stay home and be tested. Please continue to notify the school if your child tests positive for COVID-19 or if they are a household close contact via the CEWA Covid-19 Self-Report Form. For more information on testing and isolation requirements, go to the [HealthyWA website](#).

Thank you for your continued efforts in keeping our school COVID-19 safe.

Catholic Pastoral Communities

Wellness Week

A reminder Wellness Week is fast approaching. We had embedded this wonderful initiative into our school term in an effort to support the wellness of our children and community members. Wellness Week this term falls in Week Six. Students and families have a break from homework and instead focus on using that time to play some games, go for a walk, read together or watch a movie. Staff too share in this week by limiting the number of meetings and making sure that they also spend quality time with family and friends. We aim to generally support the emotional and mental health of all our community members.

During this week there are no meetings for teachers after school, and no homework for the children (reading shouldn't be seen as homework – just what we do for enjoyment). Please continue to read with your child each night. It is an opportunity for families to spend the time they would have dedicated to homework and other school centred activities and spend time with each other. It's a great opportunity to introduce 'Reading Night' to your families - a night where the TV and other electronic devices get switched off and the family comes together to read, discuss books and share the joy of literature. Have a 'screen free pledge night' with your children where you all pledge a night free of screen time, that so encroaches our lives, perhaps go for a family walk or midweek picnic, visit other family members like grand mum and dad. Have a family cooking night! Maybe walk or ride your bike to school with the children. Plan healthy recesses and lunches and prepare them with the children. It's all about our wellness and finding time to take care of our own health and wellbeing.

In line with our pending Wellness Week, our Holy Scripture reminds us all of the importance of a Sabbath, sabbatical, a time of fallow.

“Count off seven sabbath years—seven times seven years—so that the seven sabbath years amount to a period of forty-nine years. Then have the trumpet sounded everywhere on the tenth day of the seventh month; on the Day of Atonement sound the trumpet throughout your land. Consecrate the fiftieth year and proclaim liberty throughout the land to all its inhabitants. It shall be a jubilee for you; each of you is to return to your family property and to your own clan. The fiftieth year shall be a jubilee for you; do not sow and do not reap what grows of itself or harvest the untended vines. For it is a jubilee and is to be holy for you”.

Accessible, Affordable and Sustainable



Mother Teresa was a woman of few words, but the words she used were very profound and insightful indeed. You can't help but wonder if some of our so-called world leaders wouldn't benefit from a few lessons from the great lady herself!!

Let us touch the dying, the poor, the lonely and the unwanted according to the graces we have received and let us not be ashamed or slow to do the humble work.

Mother Teresa

God bless each and every one of you.



Sheldon Carey
M Ed, B Ed, Grad Dip
Principal



PASTORAL CARE



We pray for all families, children and staff involved in the sacramental programmes. May this journey of Faith be rewarding and help lay the foundations for a lifelong love of Christ and commitment to His Church.

Learning at Home Tip

Sleep and School-aged Children (6-13 years)

Children aged 6 to 13 need 9-11 hours of sleep. At the same time, there is an increasing demand on their time from school (e.g., homework), sports and other extracurricular and social activities. In addition, school-aged children become more interested in TV, computers, the media, social media, and the internet in general.

Children of this age also tend to consume increased amounts of caffeine products – all of which can lead to difficulty falling asleep, nightmares and disruptions to their sleep. Watching TV close to bedtime has been associated with bedtime resistance, difficulty falling asleep, anxiety around sleep and sleeping fewer hours.

Sleep problems and disorders are prevalent at this age. Poor or inadequate sleep can lead to mood swings, behavioral problems and cognitive problems that impact on their ability to learn in school.

FROM THE ASSISTANT PRINCIPALS



FIRST HOLY COMMUNION

Students in Year 4 will receive the Sacrament of Eucharist for the first time on Saturday 20th August at 4pm. This is a special occasion for them and their families. The students have been working hard and will attend Reconciliation on Thursday 18th August to prepare themselves for this special occasion.

We pray that when they receive their First Holy Communion that they draw even closer to Jesus and that they always live as children of God.

THE ASSUMPTION

The **15th August** is the Feast of the Assumption of the Blessed Virgin Mary. Students from Pre-Primary to 6 will be attending the parish mass on Monday to celebrate this occasion.

ASSEMBLY

Our Year Three's will be leading Assembly on **Friday 12th August**. Parents of award winners are welcome to attend with masks.

YEAR 6 CAMP

On Tuesday **16th August** our Year 6 students head off to camp for three days of fun and adventure. This camp will be something these students will remember forever. Students will be challenged to develop and foster a sense of belonging, community, cooperation, friendship and leadership. We know they will have a marvellous time and make some very special memories with their friends. We wish them well.

We sincerely thank Mr Haydon, Mrs Major, Mrs Austin, Mrs Seragusana and Mr Tonge for giving up their time, so that our students have this memorable experience.

UNIFORM GUIDELINES

Just a reminder about one of our uniform guidelines.

Hair must be neat and tidy and tied back if shoulder length or longer or if hair falls about the face. Hair should be checked regularly by families to prevent lice infestation. Hair styles should be of a conservative nature (no tracks, no hawks, no undercuts etc). Only natural hair colour permitted (no tints, streaks, tips etc). Minimal gel may only be used on the fringe, no other part of the hair.

Hair ribbons should be in school colours only:

- blue or white with summer and winter uniform
- gold, white, red with sport uniform

Covid-19 Update

COVID UPDATE

Staff and students who are asymptomatic close contacts are allowed to continue to attend school, provided:

- Their daily RAT result is negative.
- They remain asymptomatic.

Mrs Gabrielle Brennan and Miss Kathleen Tranquille, Assistant Principals

COMMUNION RETREAT

The Year Four students today participated in a Eucharist Retreat to help conclude their Catechesis in preparation for their First Holy Communion. The day was run by 24:7 SERVE with leaders from Servite College.



CROSS COUNTRY CARNIVAL

Fingers crossed for good weather tomorrow so that we can go ahead with our rescheduled cross country carnival. The timetable for the event is listed below:

TIMETABLE FOR ST LAWRENCE FACTION CROSS COUNTRY CARNIVAL

YEAR DISTANCE RACE

2 Boys	1000m	1.25pm
2 Girls	1000m	1.30pm
3 Boys	1200m	1.35pm
3 Girls	1200m	1.45pm
4 Boys	1200m	1.55pm
4 Girls	1200m	2.05pm
5 Boys	1500m	2.15pm
5 Girls	1500m	2.25pm
6 Boys	1500m	2.35pm
6 Girls	1500m	2.45pm



Good luck to all the students. I know that we have been unable to complete as much training as usual due to covid restrictions and bad weather. It is important for students to remember that the event is about participation and just doing your best. All competitors will receive points for their faction just for completing the race.

Students can wear their faction shirts tomorrow if they want, but it is not compulsory, as some students have not had a chance to purchase their faction shirts yet.

* students are allowed to wear alternate running shoes for the event, if they want.

We would like to aim for all students to be wearing their faction shirt from the start of week 5 on a Tuesday and Thursday for sport. Once the Year 6 students return from camp, they will be starting to coach the younger students from their faction at lunchtime. While the St Lawrence carnival gives me a good idea of who will compete at the Interschool Carnival, nothing will be decided on Thursday. Some students may be injured or unwell and they deserve a chance to try out.

We will also be restarting running club in week 5 - Tuesday and Thursday morning at 8.10am. Everyone is welcome to attend.

Thank you.

Mrs Major, Physical Education Teacher

UNIFORM SHOP NEWS

SPORTS CARNIVAL

- Faction sports carnival will be held on Friday 16th September. Faction t-shirts are compulsory to wear on carnival day and on sports days for all students in Pre-primary to Year 6.
- Students will be notified by teachers when to commence wearing their faction t-shirts for sports days.
- **Kindy** students are also welcome to purchase a faction t-shirt.
- Faction t- shirts are available and must be purchased from the Uniform Shop in Sizes 4 to 16 at \$12.00.

Please do not hesitate to contact me on Angie.Miola@cewa.edu.au for any uniform enquiries. Order forms are available from the school office and school website.

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

P&F NEWS



FATHER'S DAY STALL

We will be having a Father's Day Stall on **Friday 26 August**.
Presents will range from \$1 to \$5.

FATHER'S DAY BREAKFAST - Friday 2 September

Father's Day Raffle. Donations are kindly required.
Please leave your donations for prizes at the school office.

BUNNINGS BBQ FUNDRAISER – Saturday 8 October

As it is a whole day event, we would appreciate helpers on the day.

Volunteers needed:

Four parent helpers are needed from each class for 1½ hours. We know that time is precious so any offer of help would be greatly appreciated to help make this a community event a success.

Class Reps have been emailed all the information. If you can help, please advise your Class Rep who will allocate a suitable time slot for you.

Donations of drinks to be sold on the day would also be welcome. Donations can be left at the school office. Drinks can include: Cans: Coke Zero, Sunkist/Fanta, Pasito

I thank all those family and friends for your support. Please contact me on 0422 043 716 if you require further information regarding our coming events. Thank you in advance.

Natasha Raso P&F President and Executive

CANTEEN NEWS

THANK YOU

I would like to thank my helpers last week: Natalie M (Yr 4) on Thursday and Sue, Fiona F, Custodia, Anne Z and Cilla on Friday for your help with Feast Day.

CANTEEN HELP NEEDED

This term the canteen has been left short staffed and I am in need of help on the following days:

Wednesday 17th August

Friday 19th August

Friday 2nd September

Wednesday 14th September

Friday 16th September (sports carnival)

If you are able to help, please message me on 0408834774. As always, your help is very much appreciated. Thanks all 😊

CANTEEN MENU

For the rest of term 3 we will have Spinach & Ricotta Rolls for \$4 available on Fridays

Christina, Frances & Antonella, 2022 Canteen staff

