



Newsletter No. 3

24 February 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.

Dear Parents and Friends

As we are now in the holy Season of Lent it is a good time to reflect on our lives and the things we might like to achieve. A time to have a real look at ourselves and take stock of what we do well and what we could do better. It's also a good time to tend your personal vegetable patch. The following reflection might give you some ideas...

THE GARDEN OF OUR DAILY LIVING:

Plant three rows of peas:

1. Peas of mind
2. Peas of heart
3. Peas of soul



Plant four rows of squash:

1. Squash gossip
2. Squash indifference
3. Squash grumbling
4. Squash selfishness



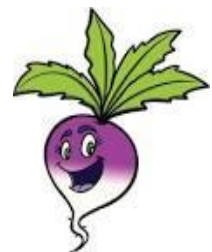
Plant four rows of lettuce:

1. Lettuce be faithful
2. Lettuce be kind
3. Lettuce be patient
4. Lettuce really love one another



No garden is without turnips:

1. Turnip for meetings
2. Turnip for service
3. Turnip to help one another



To conclude our garden we must have thyme:

1. Thyme for each other
2. Thyme for family
3. Thyme for friends



Water freely with patience and cultivate with love.
There is much fruit in your garden as you reap what you sow.

Inspiring Christ-Centre Leaders

The **School Advisory Council** (formally School Board) met last night. We confirm that Mr Fraser Clarke continues as Board Chair, Johanna Carbone will continue as Secretary and Michael Mucciarone as Treasurer. We also welcome Adele Cirillo as the Parents & Friends representative. The Advisory Council's core business is the financial management and the accountability of the school. We thank all members of the Council for their time and commitment to the school community.

Catholic Schools of Excellence

What a wonderful sight to behold was our new School Leaders for 2021 who were introduced at our recent assemblies. We congratulate the student leaders and wish them well in their leadership roles.



Catholic Pastoral Communities

It is a very joyous occasion when a principal gets to announce certain news to the school community. I have in fact two lovely announcements to share with you all.

Mrs Stephanie Freeman, our Music Teacher, is expecting her third child. I take this opportunity to wish Stephanie and her husband Dale all God's blessings on this very special news.

I also have the equal good fortune to announce that Ms Danielle O'Donnell, our Year Two teacher, is expecting her first child. This is wonderful news for Danielle and husband Stephen and we wish them God's blessings.

Wellness Week

As is traditional, Wellness Week takes place every term here at St Lawrence. We have embedded this week into our calendar to support families to develop their own personal wellness and build on good personal, spiritual, emotional and mental wellness strategies. Class teachers enhance the children's opportunities to develop and embrace good personal wellness habits. These are normally built into our classroom's practices, but a strong focus is placed upon them during wellness week to highlight their importance.

Given that we are all coming out of a rather stressful period I strongly encourage all families to embrace the notion of personal wellness and build it into your own good practices. Homework is not given during wellness week and I encourage families to use this time to reconnect after the stress of recent circumstances. This would be an exceptional opportunity to do something productive as a family. Naturally within the Health Department restriction. Still a great chance for an extended family walk or bike ride, visit a park, have screen free and device free nights, spend time cooking as a family, try family book club, share your reading material with each other, sit down as a family and spend an hour just reading together.

Christ Himself knew the real importance of rest and asked us all to come to Him.

Come to Me, all you who are weary and burdened, and I will give you rest. Take My yoke upon you and learn from Me; for I am gentle and humble in heart, and you will find rest for your souls....

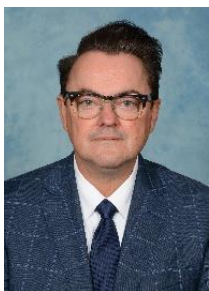
Our great Catholic Church proclaims fallow years where we are encouraged to rest and build upon what we already have and take time to renew and enkindle a new spirit within ourselves. With wellness week we aim to provide the skills, knowledge and opportunity for us all to focus on our personal wellbeing.

Accessible, Affordable and Sustainable

HEALTH CARE CARD

If you are a holder of a **Health Care Card** or **Pensioner Concession Card**, you are entitled to a discount on your school fees. An application form must be completed, and a copy of your current card supplied. Further information and application forms are available from the school office. **Please supply this information to the school office as soon as possible.**

God bless each and every one of you.



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

**Dear Lord, as I begin
my journey toward
spiritual growth,
help me to look
deep within myself
and let go of the old
and embrace the new
life that comes from you.**



PASTORAL CARE

I extend, my heartfelt thoughts and prayers to all people across Western Australia. Recently we all faced some challenging times. Some however have felt the full brunt of these challenges.

May we all offer our prayers for the individuals truly suffering because of the COVID-19 impact also those affected by the recent fires. In these difficult times may our prayers be a sign of communion with all our fellow men and woman.

HOME LEARNING

LIMITS ON TECHNOLOGY USE AT HOME

There is credible research linking heavy technology use with the surge in a number of concerns for our youth, including, depression and other mental health issues. Suggested limits:

- No phones or tablets in the bedroom at night; use real alarm clocks to wake up.
- No use of devices within an hour of bedtime; the blue light and psychological stimulation interferes with sleep.
- Device use should be significantly limited (Some research suggests no more than two hours of leisure time a day, plus legitimate use for homework).

Compiled with reference to: "Put That Phone Away – Now" by Jean Twenge in *Time*, April 1, 2019

School Assembly – 19 February 2021



FROM THE ASSISTANT PRINCIPALS

ASH WEDNESDAY

On Wednesday last week, we gathered together as a school community at the Church to celebrate **Ash Wednesday** which marks the beginning of Lent. Lent prepares us for Christ's Resurrection on Easter Sunday. Taking place 40 days before Easter Sunday, Ash Wednesday is one of the most important holy days in the liturgical calendar and signals a season of prayer, reflection, penance and fasting. Coming from the ancient Jewish tradition of penance and fasting, Ash Wednesday involves applying ashes, made from blessed palm branches from the previous year's Palm Sunday Mass to a person's forehead. The ashes applied to the forehead symbolise the dust from which God made us. The priest speaks the words:

*"Remember that you are dust, and to dust you shall return"
or "Repent and believe in the Gospel."*

The Ashes we receive are a symbol of penance made sacramental by the blessing of the Church and they help us develop a spirit of humility and sacrifice. The Lenten season is a good opportunity for us all to spend time in prayer, to give to others in need and to 'fast' or 'give up' something as a commitment to becoming a better person.

CARITAS

Through our support of Project Compassion, we are assisting some of the world's most vulnerable people to build a better future for themselves, their families and their communities.

In school this term, we encourage our children to think beyond themselves and to look for ways to support these people. Every little bit helps.

Each class has been given a Project Compassion box and we encourage our children to give some of their own money rather than always asking parents.



NAPLAN

NAPLAN is back this year, after its cancellation due to COVID-19 in 2020. Students will once again complete NAPLAN Online this year, using iPads. NAPLAN will take place in Year 3 and 5 in Week 3 of Term 2. More information will follow closer to the testing dates.



STUDENT FREE DAY

A reminder that there is a **Pupil Free Day** on Friday 26th February. Staff will be participating in First Aid Training.

PUBLIC HOLIDAY

Monday 1 March – Labour Day

*Mrs Gabrielle Brennan & Miss Kathleen Tranquille
Assistant Principals*

CLASS NEWS

YEAR THREE

What a good start to the school year! The children are happy and have adjusted nicely to the Year 3 classroom routine. The last couple of weeks we have been learning about verbs, adjectives and adverbs and applying these parts of speech to our writing. During Maths we are investigating place value and becoming more proficient in reading and writing large numbers. Thank you to the parents who attended the Zulu Desk Parent Information night last week. Details on how to log on will be emailed to parents next week.

Wellness week is scheduled for next week. Due to this there will be no homework until 8th March. It is a great opportunity to do more family activities such as play a board game or go for a walk together. However, reading needs to continue to happen every night.

Miss Kathleen Tranquille, Year Three Teacher

The children have settled in beautifully and I have been so impressed how hard they are working during my time with them. We have been working on 'Telling the Time' in Measurement. Any opportunity you have at home to engage in incidental learning on telling the time would be greatly beneficial to your child. We have been learning to tell the time to the hour, half past, quarter to and quarter past the hour. Incidental learning is a great way to assist your child in their learning without them even realising it is homework.

Please do not hesitate to contact me throughout the year should any issues arise.

Mrs Frances Caruso, Year Three Teacher

YEAR FOUR

In Literacy we have started our Talk for Writing unit on narratives. Our focus is writing detailed and descriptive narratives that engage the reader. It is great to see the children keeping up with their Lexile reading - taking quizzes and changing their books. In Religion, we have learnt about how important the teachings are of Jesus. We watched a mini clip on The Parable of the Sower then retold what each seed represented. Last week, we created our Lenten Promises on prayer hands. I loved the promises that children came up with. In Maths, we have been challenged to use our problem-solving skills and solve chess problems involving a hundreds chart. It is wonderful to see the children thinking out loud and working together to solve these problems! Just a reminder to remember to check SeeSaw each week for our Weekly Snapshot and reminders.

Miss Kayla Fogliani - Year 4 Teacher



YEAR FIVE

In Maths we are continuing to work on place value and have looked at reading and writing numbers up to 999 999 and representing numbers using expanded notation. This week we are looking at rounding and estimating. It is wonderful to hear the students using the correct language when working mathematically. In Science we created different root systems that trees may have and conducted an experiment to see how these root systems help trees adapt to wet areas such as mangrove forests.

Thank you to all parents for your support in helping the students settle into Year 5.

A reminder that all children must have a set of headphones with them at school.



The Year 5 students enjoyed meeting their buddies last week and learning about Shrove Tuesday. We are looking forward to getting to know our buddies better throughout the year.

Enjoy the extra-long weekend.

Mrs Roselyn Pizzino, Year Five Class Teacher

YEAR SIX

We started our castle building this week. Thank you for assisting your son or daughter with finding the materials.

We have begun looking at the State Government in Civics but had our excursion to the WA Parliament House cancelled due to ongoing Covid restrictions – only half the normal number of tours are available. Hopefully, we will get there later in the year.

The students have worked through long division using videos on the Kahn Academy website and can use this to help with maths revision at any time. A reminder that students have two nights to complete each maths homework sheet and they can be accessed in the class OneNote in Contents/Maths.



Now that Lent is underway, I have spoken to the students about stepping up to take more responsibility for personally living their Catholic faith, particularly as we head towards Confirmation later in the year.

Mr Phil Haydon, Year Six Teacher



This year our school will continue taking part in the Containers for Change program through the City of Stirling.

We will be collecting eligible aluminium, glass, plastic, steel and liquid paperboard drink containers and then receiving a refund for the containers.

Since the program commenced in October last year we have collected and recycled **2510** containers. Well done everyone!

Please continue to support our school by placing your eligible containers in the clearly labelled tubs in the Learning Centre. Monies received will be used to purchase sustainability resources to be used throughout the school. Containers must be clean, empty and with the lids off. Thank you for your support. <https://www.containersforchange.com.au/wa/>



Mrs Roselyn Pizzino, Year Five Teacher

LIBRARY NEWS

This term, Year 6 are learning about the formation of Australia as a Federation. As part of this experience, the children have been asked to create their own colony with its own rules and laws. Today, they joined forces with a partner to create a new country by combining their colonies together. We discussed the positives and negatives of being part of a bigger country. This leads us into the discussion about the colonies of Australia becoming one country in 1901. Most



Mrs Jane Stanton, Teacher Librarian

UNIFORM SHOP NEWS

RED SPORT SHORTS

Boys Red Microfibre Sport Shorts are now available for Pre-primary to Year 6. Shorts are available in Size 2 -16 and M, L & XL.

DISCONTINUED RED RUGBY SHORTS

Boys Red Rugby Shorts are no longer available and are discontinued.

Red Microfibre Sport Shorts have replaced red rugby shorts.

Girls have the option to wear Microfibre shorts or may continue wearing Skorts.

If you have purchased Red Rugby Shorts you may continue wearing these shorts until the end of year.

YEAR 6 LEAVERS SHIRT

Students have completed designing emblem for shirts. Fittings will commence next week for sizing. Please refer to the letter containing information from Mr Haydon, which will be distributed soon.

Uniform Shop Opening Hours

Wednesday 8.30am to 9.30am and Thursday 2.30pm to 3.30pm

Mrs Angela Miola, Uniform Shop Manager

WINTER NETBALL 2021

The 2021 Winter Netball season is fast approaching. The season will commence from 30th April and conclude on the 28th of August.

DOB eligibility for teams are as follows:

NSG Set - born in 2013 & 2014

NSG Go - born in 2011 & 2012

Junior:

11U - born in 2010

12U - born in 2009

Fees for NSG: \$225

Fees for Junior: \$250



Register your interest or a team to play by [Wednesday 3rd March](#) to stlawnetball@gmail.com

Please include your child's full name, DOB and contact phone number; as well as if you are able to volunteer to manage or coach a team. Please note that parent involvement is **essential** and that without nominations for both a coach and manager we cannot allocate teams.

If you require any additional information, please contact a member of the committee.

Cheryl & Nicole - St Lawrence Netball Club

FATHERING PROJECT

LAST CHANCE

As we are getting closer to the camp date, 5-6 March, and if you intend to join the camping group this year. please register your name at the school office as soon as possible.

- Please pay \$50 at the time of registering.
- Year 6 parents, this is your last chance to take your children, so let's see as many as possible.
- Year 1 & 2 Parents, if you have never been, this is a great chance to have some fun with your children.
-

Looking forward to seeing you all and enjoying this community experience.

Please contact Patrick King 0409296036, Camp Co-ordinator, for any further information.

PHYSICAL EDUCATION NEWS

Team building, co-operation games and t-ball with our professional coach Connor:





All families will have received the Cadbury Flyer. A gentle reminder that all money from the sale of boxes and any leftover chocolates **MUST** be returned to the office by **Friday 26th March**.

The Cadbury Easter box will be sent home with your oldest child on the 5th of March 2021.

Thank you for your support and we look forward to another successful community year.

If you have any queries, please see one of the P&F committee at school or email pandf@stlawbal.wa.edu.au Mrs Adele Cirillo, P&F President

CLASS REPRESENTATIVES

Nominations are open for **Class Reps** for 2021. We look forward to working with the new class reps this year. Please complete the slip below and return to the school office. Extra slips are available from the office. We would like at least one volunteer from each class group from Kindergarten to Year 5 and three class representatives from Year 6 for this position. You will provide an invaluable link between the P&F and your class.

NOMINATION FOR CLASS REPRESENTATIVE 2021

I _____ would like to nominate for the position of

Class Representative for Year _____

My mobile phone number is _____

My email address is _____

Signed _____

CANTEEN NEWS

Birthday orders are available Wednesday, Thursday and Friday - Cupcakes or M & M Cookies \$20 or Brownies or Icy Poles \$15 for the whole class. The canteen would like one day in advance in placing your order.



Thanks to everyone who supported us on Tuesday, your help is always very much appreciated!

If anyone is available to help tomorrow, Thursday 25 February, for a couple of hours please make contact with the canteen staff.

Christina, Fran and Antonella
2021 School Canteen Staff

COMMUNITY NEWS

ARANMORE CATHOLIC COLLEGE

2022 Scholarships

ACADEMIC | MUSIC | LEADERSHIP | SCIENCE | MATHEMATICS

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Learn more...

OPEN DAY

29 OCTOBER 2020

RSVP | [ARANMORE.WA.EDU.AU](https://aranmore.wa.edu.au)