



## Newsletter No. 12

**12 May 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 Ascension of the Lord refers to “the entry of Jesus’ humanity into Divine Glory in God’s heavenly domain, forty days after Easter”*

*The Ascension of the Lord is commemorated by the Catholic Church.*

*The Church celebrates the Ascension 40 days after Easter, it may be celebrated on the Seventh Sunday of Easter as it would fall on a Thursday.*

*The Ascension of Our Lord Jesus Christ occurred 40 days after His Resurrection on Easter Sunday. At His Ascension, the Lord Jesus ascended Body and Soul into heaven (Luke 24:50-53; Acts 1:9-11). The Ascension took place in broad daylight on the Mount of Olives, in the presence of His Apostles and disciples.*

## Inspiring Christ-Centre Leaders



### When life doesn't go their way!

One of the keys to functioning socially and emotionally is the ability to deal with disappointment and rejection.

Most children experience some type of rejection from their peers throughout childhood. One study found that even popular children were rejected about one quarter of the time when they approached children in school.

Most children recover from such rejection. They move on and form constructive, worthwhile relationships but some children need help. They often take rejection personally and blame themselves.

As a parent it is useful to challenge children's unhelpful thinking and encourage them to look for new friendship opportunities. Parents can help children understand that rejection may happen for any number of reasons that are unrelated to them.

In the course of a school day children will meet with a number of challenges and even setbacks. They may struggle with some schoolwork. They may not do well in a test and they may not be picked for a game that they wanted to play. Children grow stronger when they overcome their difficulties. The challenge for parents is to build and maintain children's confidence to help them get through the rough times.

One way to help children deal with rejection and disappointment is to talk through a problem or difficulty recognising and accepting their feelings. Talk about various scenarios around the incident, discussing possible outcomes. The age of the child will determine the amount of detail. Keep things simple and avoid burdening a younger child with concepts he or she doesn't understand. Your attitude can make a huge difference to how a child reacts. If you see rejection or disappointments as problems, then your child will be hamstrung by this view. See them as challenges then your child will, in all likelihood, pick up your upbeat view and deal with disappointments easily. After all, confidence is catching!

### Try this... Putting it into practice...

To help children handle rejection and disappointment try the following four strategies:

1. **Model** optimism. Watch how you present the world to children, as they will pick up your view.
2. **Tell** children how you handle disappointment and rejection. Not only is it reassuring for children to know that their parents understand how they feel but they can learn a great deal by how their parents handle situations.
3. **Help** children recognise times in the past when they bounced back from disappointment. Help them recognise those same strategies can be used again.
4. **Laugh** together. Humour is a great coping mechanism. It helps put disappointment in perspective. It helps them understand that things will get better. They always do.

## Catholic Schools of Excellence

A Letter to all Students who are sitting NAPLAN this year at St Lawrence Primary.

*Dear Boys and Girls*

*This week children in Years Three and Five will be participating in NAPLAN Assessments. As Principal I will be pleased to see you do your best. All I ever ask of you all is to put your best foot forwards and do your personal best when you can.*

*I would however like you, your family, friends and teachers to remember that these tests are unable to measure all of what it is that makes you the valued person who you are. The people who have created these tests and those that mark them do not know you as well as your teachers know you, to the extent to which I know you and certainly not the way your family and friends know you.*

*They do not know what language you speak at home.*

*They also do not know that you may be a great singer and dancer or that you can play a musical instrument really well. They also do not know how well you can draw beautiful pictures. They do not know that you have a sense of humour which can bring a smile to your friend's faces and make them laugh or that they can rely upon you to support them when they need a kind and encouraging word. They would not know that you can write poetry and stories, play all types of different sports and have interesting and enjoyable hobbies.*

*They also do not know that you probably accept responsibility for taking care of your brothers or sisters from time to time. They do not know that you have travelled to or come from fascinating places and had amazing experiences. They do not know what has troubled you recently or the burdens you may be carrying in your heart.*

*They do not know how much you love spending time with your family and your close friends and they won't know how much you are appreciated and loved by them. They do not know your own personal health and wellbeing. They don't know your passions and what drives you to learn new things and play new games and perform daily challenges.*

*You are trustworthy, kind and thoughtful and you try to do your best every day. Do they know that? "No the do not!" These tests are unable to gather this invaluable information and the people who mark them will not know or be able to take into account the many varied and numerous factors that contribute to your performance.*

*The NAPLAN test results give some very specific information, of which there is merit in gaining this information, but it cannot say everything about who you are and what you have achieved. I hope you will be happy with your efforts in these assessments and with your eventual results and that they inspire you to do even better in literacy and numeracy.*

*Just remember however that there is so much more to describe who you are that cannot be shown in the scores to be found in the NAPLAN Assessment.*

*God bless you all Boys and Girls and all the best in the coming days with these assessments.*

*Mr Sheldon Carey  
Principal*

## Catholic Pastoral Communities



Do you know how the FBI trains its agents to spot counterfeit notes? They do not actually look at counterfeit notes. They deal only with genuine money. An FBI agent learns to recognise real dollar notes until it becomes second nature to identify the real ones. Agents study a note, both sides of it, until they learn every feature that makes it genuine.

That way, when FBI agents see counterfeit notes, they immediately spot them as fakes. Their minds aren't cluttered with what might be wrong or what usually is left off or mistakes that are commonly made. They know what they're looking for. They are specialists in the real thing. False notes are glaringly obvious to them.

It is the same in life. If you allow yourself to think about the all the things that could go wrong, you're far more likely to muddle your work with the fear of mistakes. The mind has a fascinating capability. What you think about most is generally what you do most readily.

Continually tell yourself what to do. Forget about what not to do. Concentrate on the positive.



A mistake many people make is to set goals in negative terms. A student may set a goal of not being late so often. Goals to cut down on computer time, not talk so loud and fast, and not get upset so often are goals expressed in negative terms. We need to stay away from negative goal-setting.

A fear is a goal in reverse. The mind cannot focus on the reverse of an idea. Being late reminds the student of the problem, not the solution. When we think we need to cut down our computer time our minds store the self-image of being in front of the screen.

We need the image of what we want to do, not the habits we want to get rid of.

It is the same thing as saying, "Don't make mistakes". Or, "Don't forget your homework". We should say, "I'm a punctual person". "I remember my homework". "I speak clearly and confidently". "I remain calm and relaxed under pressure". These are all positive goal statements, images of achievement, which pull us in the direction of where we want to be.

This week, focus on where you want to go! Concentrate on recognising what is true and you will not be led astray by false influences. Learn what the right behaviour looks like and concentrate on those good habits until they become second nature.



## Accessible, Affordable and Sustainable

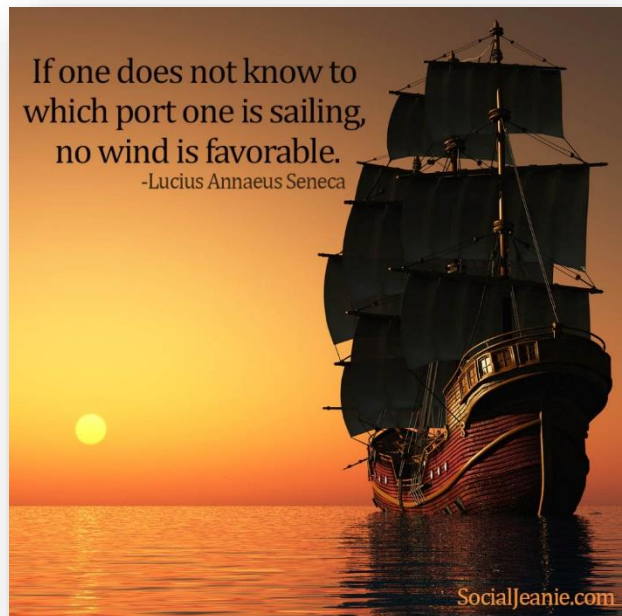
During these difficult times strong leadership is required. Many different theories exist on what good leadership is and a number of various schools of thought. Irrespective of the school of thought one takes on leadership, it is truly clear that a vision, a sense of purpose for the future direction, and a conceptualisation of potential outcomes is needed.

As Lucius Annaeus Seneca said. *"If one does not know to which port one is sailing, no wind is favourable."*

God bless each and every one of you.



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



## PASTORAL CARE



### A Prayer for Healing

At every moment of our existence  
you are present to us, God,  
in gentle compassion.

Help us to be present to one another  
so that our presence may be a strength  
that heals the wounds of time,

and gives hope that is for all persons,  
through Jesus our compassionate brother.

# HOME LEARNING TIP

**Helping your children with their homework is important, but how you do it very significant indeed.**

Although homework is usually the last thing kids want to do after school, it can be a valuable tool to help them develop self-regulatory skills that will serve them well for the rest of their lives. And when parents get involved, its effects can be even further reaching.

Aside from the opportunity to see what your children are learning at school, it can also offer quality time with your children. Its effectiveness, however, depends a lot on how parents choose to get involved. So, if you're looking to become more involved in your child's education, here are five tips for going about it the right way.

## **1. Provide support rather than instruction**

When it comes to helping your children with their homework, it's important to place the emphasis on providing support rather than on giving instruction. In fact, research supports that parent help can actually backfire if it focuses too much on homework content.

Your children already get plenty of instruction at school, so homework is their chance to work independently and figure things out on their own. As much as you might want to jump in and explain things or even do the work for them, a better way of supporting them would be to simply provide feedback and encouragement.

## **2. Help them develop a routine**

Routines can help children complete their homework more efficiently but, perhaps more importantly, routines allow them to take responsibility.

One study published in the journal *Contemporary Educational Psychology* found that students who have a clearly defined routine feel more confident in their ability to overcome homework challenges and take more responsibility for their learning. These students are also ultimately more likely to do better in school overall. Homework routines could include setting a specific time for completing homework each day, designating a certain area of the home for studying, or developing a strategy for tackling problems and setting goals for completing projects ahead of time.

## **3. Emphasise the benefits**

Although it's normal to want to intervene when a child is struggling with homework, taking control by offering incentives and ultimatums or stepping in and doing much of the work yourself will undermine its long-term benefits.

Although it's normal to want to intervene when a child is struggling with homework, taking control will undermine its long-term benefits.

Children need a sense of autonomy as it helps them develop their independence, and when they feel like homework has value, they'll also put more effort into it.

So rather than cajoling or bribing kids to do their homework, a better approach is to explain why and how it will help them accomplish their personal goals so they can make the decision to tackle it themselves.

## **4. Provide them with choices**

Giving children choices as to how, when and where they would like to complete their homework is a big part of providing them with a sense of autonomy.

One study published in the *Journal of Educational Psychology* found that when students were given a choice of homework options, they reported higher intrinsic motivation, felt more competent and performed better on tests. So having choices not only helps children feel like they are in the driver's seat, but also makes the learning seem more interesting and the goals more attainable.

## **5. Praise effort rather than intelligence**

It's also important to communicate that mistakes are part of the learning process and are not to be feared.

Numerous studies highlight the importance of encouraging students to think of their intelligence as flexible, so that rather than viewing their mistakes as a sign of lesser intelligence; they'll see them as building blocks.

When praising children, it's important to focus on the effort they put into their work rather than how smart they are, because when they believe that intellectual ability is something that can be developed, they are able to stop worrying about how smart they seem and put all that energy into tackling new challenges instead.

## PARISH NEWS

### RITE OF CHRISTIAN INITIATION FOR ADULTS (RCIA)

The parishes of Balcatta and Nollamara will jointly begin the RCIA course later this year. An inquiry night will be held at St Lawrence and Mary Immaculate Church, 392 Albert St, Balcatta, on Wednesday 23<sup>rd</sup> June starting at 7.30pm. If you are interested in coming to see what Catholics believe or if you would like to become Catholic, please could you let us know by contacting one of the numbers below for further information.

#### BALCATT:

Jo	0416 509 685
Bronwyn	0400 248 902
Parish Office	9344 7066

#### NOLLAMARA:

Cathy	0427 778 835
Terry	0413 389 773
Parish Office	9345 5541

## MERIT AWARD WINNERS



Congratulations

*Lawry Bear Winner for "Courage"*



## FROM THE ASSISTANT PRINCIPALS

### SCHOOL PHOTOS

The School photos are scheduled for Wednesday 26th May 2021.

Kindy, Pre- Primary and Year 1 to 6 classes will have their photos taken on Wednesday.

The Pre-Kindy class will have their photos on Thursday.

Children from Year 1 to 6 will need to be in their full winter uniform with their school jumper (No vest). Year 6 students will wear their leavers jacket. Children with long hair must have their hair tied up with blue or white accessories. Pre-Primary will need to wear their sports uniform.

All photo envelopes will be going home next today. Please return all envelopes on Photo day.

**Every student must return their envelope even if they are not buying photos.** The instructions are on the envelopes and are self-explanatory. If you would like a family photo, please collect an envelope from the office.

Wednesday 26th May 2021	Group
8.15am	Staff
9.00am	Year 6
9.15am	Year 3
9.30am	Year 5
9.45am	Year 1
10.00am	Pre-Primary
10.15am	Kindy
10.40-11.00am	RECESS
11.10am	Year 2
11.25am	Year 4
11.40am	Family Photos
12.10pm	Family Photos
12.40-1.20pm	LUNCH
	Family Photos
Thursday 27th May 2021	
10.30am	Pre- Kindy

### SACRED SAINTS

The Sacred Saints Competition begins this week. Our Year Five and Six students will be competing against Our Lady of Lourdes on Thursday 13th May. We know that our students will represent St Lawrence with pride and will demonstrate good sportsmanship and competitive spirit.

### THE ASCENSION

Ascension Day is celebrated in Australia on the 40th day of Easter. It commemorates Jesus Christ's Ascension into heaven. Ascension Day is on Thursday 13th May. Classes will be covering the content of this Feast Day during Religious Lessons and some classes will be attending the parish mass.

### MONTH of MAY

During the month of May we dedicate our prayers to Our Spiritual Mother Mary. On Fridays during Line Up we will be saying a decade of the Rosary. This Friday the Year 4s will lead the school.



### NAPLAN

This week the Year 3 and 5 students are participating in national testing in Literacy and Numeracy. Please ensure your children get a good night's sleep and eat their breakfast before coming to school. It is important that children do not feel extra pressure placed on them during this time.

All Year 3 and Year 5 students will be assessed between Tuesday 11th May and Friday 14 May. Catch up tests will either be completed during this week or the following week. Results will be forwarded to the school later in the year and will be issued to parents in Term 4.

*Miss Kathleen Tranquille & Mrs Gabrielle Brennan, Assistant Principals*



# CLASS NEWS

## PRE KINDY

I hope all mummies enjoyed Mother's Day on Sunday. The children loved preparing your gifts. If you can, I highly recommend following our school's Facebook page and the School's Website – the Pre Kindy children featured with Mr Carey last weekend.

Next week we will begin a new focus – **Amazing Animals** – looking at creatures on earth that God has given to us. Our new vocabulary bag will have some animals and we will talk about them during our mat session.

As the term progresses, we try to incorporate activities that help us to practice our Gross Motor Skills, with a circuit that we participate in prior to our morning outdoor play. Some of the activities are – walking up and down steps, two footed jumping, running around obstacles/cones, balance and walking a straight line on a beam, throwing a small ball up and catching it, throwing and catching a basketball, pedal a tricycle, using the slide on the play equipment and running around our bike track.

*Mrs Kaylene Bozich, Pre Kindy Teacher*

## KINDERGARTEN

I hope everyone is having a great week! This week our focus is still on families and we have been sharing our family photo news with the class. A reminder to please bring this in at your earliest convenience. The children have started learning some sounds in particular long sounds. At this stage we mention letter names but the sound the letters make is the main focus. We have learnt m, l and s. This week is n, r and f. Next week is w and v. A link has been sent out to all parents to book for parent teacher interview if you have not already done so. If I have already arranged a time with you to discuss your child's progress, there is no need to book again. I look forward to sharing your child's learning with you. It has been fantastic to see how many parents have been using the Seesaw app to see what is happening in Kindy. We hope you are enjoying following your child's learning journey!

*Mrs Rachel Wake, Kindergarten Teacher*

## PRE PRIMARY

The Pre Primary children have been engaging in our Talk for Writing program and this week we are learning a story called *Mrs Wishy Washy*. This program is a multi-sensory approach to inspire language development. The children love learning the story using actions and retelling the story using story maps! We have also been practicing writing words using our phoneme fingers- we are getting so clever at this! In Numeracy, we continue to practice our number skills and are learning about measurement- this week's focus being length.

In Religion, we have been discussing how the Holy Spirit helps us to make good choices and follow the example of Jesus. We are focusing on encouraging each other and being patient! Big words for Pre Primary children but they have a great understanding of these words!

There is so much learning and growth happening in Pre Primary! A reminder that the Parent Roster is outside the classroom door- pop you name down and join in the fun!

*Mrs Tania Preston, Pre Primary Teacher*



## YEAR ONE

I hope all Year One mums had a lovely day on Sunday.

In Religion we have been learning more about the sacrament of Baptism we have listened to the story of Jesus being baptised.

We have been learning our Talk For Writing model text “How to Catch an Elephant”. We’ve learnt the text orally, saying it out loud with expression. We’re studying the vocabulary used by the author and will begin building a writer’s toolkit to write our own instructional text.

*Mrs Gloria Edwards, Year One Teacher*

## YEAR TWO

We have been so busy having fun and learning.

In Maths we have been adding, subtracting and working with fractions.

In Science, hands-on shared experiences of the push of water on floating objects. Lots of water, lots of fun!!

In writing we are concentrating on Recounts and using some interesting adjectives.

Mary Our Mother has been a big focus in Religion as we dedicate the month of May to her.



*Mrs Paula Christensen, Year Two Teacher*

## SPORTS NEWS

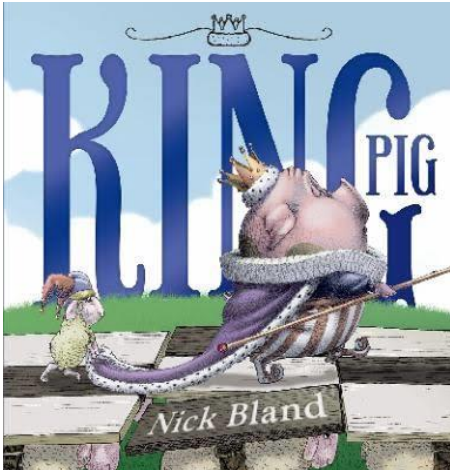
### SACRED SAINTS

Good luck to all students in year 5 and 6 who will be representing our school tomorrow in our Sacred Saints fixture against Our Lady of Lourdes. I’m sure it will be great fun and you will make our school very proud. *Mrs Claire Major, Physical Education Teacher*





## LIBRARY NEWS



We had a number of princes and princesses visiting the library this week, as Pre Primary continue their look at hats from the past and the present. We read the story “King Pig” by Nick Bland about a king who was very selfish but tried to be better at the end. He wore a beautiful crown on his head.

The children had a wonderful time decorating a crown to wear home.



*Mrs Jane Stanton, Teacher Librarian*



# WINTER NETBALL NEWS

Winter Netball is now in full swing. It was great to see so many players take to the court and have fun!



*Year 1/2 (U8) Team*



*Year 3 (U9) Team*



*Year 4/5 (U10) Team*



*Year 5 (U11) Team*



*Year 6/7 (U13) Team*

Well done to our NSG Year 1/2 on their win Friday night as well as our Junior Year 5 & Year 6/7 teams on their wins Saturday morning. All our teams played extremely well.

Best of luck to all our teams going into Round 3.

*Cheryl & Nicole - SLNC Committee*





# CANTEEN NEWS

**THANK YOU** to everyone who supported our Mother's Day Raffle.

**THANK YOU** to  
our generous donors:

- Leary Family
- Cirillo Family
- Willow and Lace Innaloo
- Woolworths Stirling Central
- Northlands Pharmacy
- Strandbags



## **IMPORTANT**

Please note Wednesday 23rd of June the canteen will be closed. The canteen will be open on Tuesday 22nd June

## **BIRTHDAY ORDERS**

Cupcakes or M & M Cookies \$20. Brownies or Icy Poles \$15 for the class. Please order at least one day in advance – contact number : 0408834774

## **ROSTER**

Next week is Year 3s week for canteen roster. Help is needed on Friday for a few hours, if available your help would be very much appreciated.

*2021 School Canteen Staff*

## COMMUNITY NEWS



# TWILIGHT TOUR 2021

THURSDAY | 20 MAY | 4:00PM

Our Twilight Tour welcomes families to learn more about the unique TC Spirit and the vast opportunities the College has to offer for your son.

REGISTER AT [TRINITY.WA.EDU.AU](https://trinity.wa.edu.au)

