



# LIWARA CATHOLIC SCHOOL

Newsletter No 3 9 March 2017

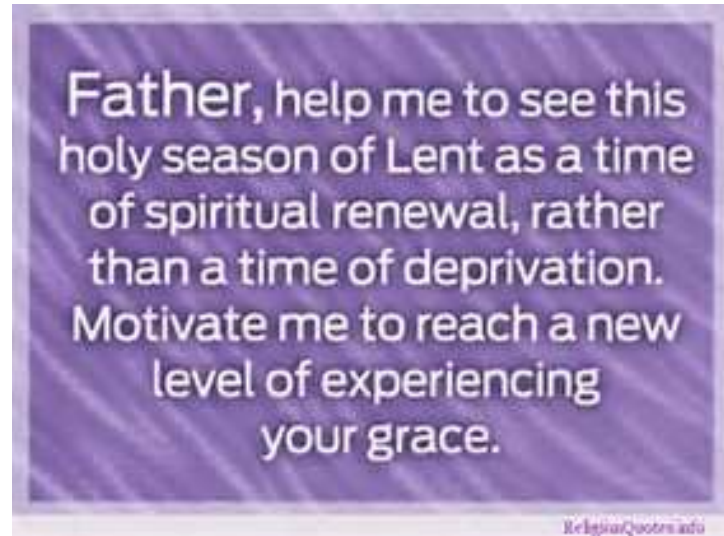
5 Tuart Street Greenwood

9448 3811

## CALENDAR

### March

- Fri 10 Year 5 Camp
- 11 & 12 Reconciliation Commitment Masses
- Tue 14 Parent Reconciliation W/Shop
- Thur 16 Parent Reconciliation W/Shop
- Fri 17 P&F Camping Night



## A MESSAGE FROM THE PRINCIPAL

Welcome to Week 6 of Term 1

### LENT

The season of Lent is upon us again and it is a time for us to focus intentionally on what helps or hinders our commitment to Christ. It may be better not to give up something but to take on something, to build our spiritual muscles. At the beginning of Lent, the first thought of many adult Catholics is to give something up and the standard was to give up chocolate or other sweet temptations. A friend of mine told me that he had urged his children to move beyond giving up sweet treats and to focus on giving up something that made others unhappy. About halfway through Lent he asked the children how they were doing with their Lenten promise. One of his young sons had promised to give up fighting with his brother and sister during Lent. When his father asked him how it was going, the boy replied, "I'm doing pretty good, Dad—but boy, I can't wait until Easter!" That response indicates that this boy had only partly understood the purpose of Lenten "giving up." Lent is about conversion. It's about working towards changing permanently what we do so that we become better people; not just for the 40 days of Lent but for the rest of our lives.

### TEASING VERSUS BULLYING

By Michael Grose

When speaking with parents when I present

at schools, or engaging with them via our social media, bullying is always a hot topic. A recent Facebook post had one of our biggest engagement rates ever. It begged the question- "What is bullying? Do we mix it up with teasing and other forms of mean behaviour?" Bullying is a term that's wrapped in emotion. For many people it's associated with bad childhood memories. It's been estimated that around 40 per cent of people have experienced bullying in the past. It's something that we don't want to happen to our kids. But I fear it's being overused at the moment and confused with teasing and rudeness.

**Rudeness** refers to thoughtless behaviours and thoughtless words. Kids often do rude things to each other without thinking their actions through. Examples include breaking wind in a child's direction; joking about the colour of a child's hair in front of others; failing to share possessions and neglecting to acknowledge someone. Rudeness is usually about selfishness and thoughtlessness. Taken on their own, many rude behaviours can be seen as an element of bullying but when looked at in context they are more about thoughtlessness, lack of consideration and poor manners rather than a deliberate attempt to hurt someone.

**Teasing** refers to annoying, hurtful behaviour that is used to get a reaction from someone else.

## Reconciliation Commitment Masses

Saturday 11 March  
6.00pm  
Or  
Sunday 12 March  
9.00am, 10.30am or 5.30pm

### All Saints Catholic Church

PARISH PRIEST: FR ELVER DELICANO

ADDRESS: 7 LIWARA PLACE, GREENWOOD WA 6024

TEL: 9447 6225 FAX: 9246 2692

MOB: 0435 173 454 (for Urgent pastoral needs only)

PARISH EMAIL ADDRESS:

[greenwood@perthcatholic.org.au](mailto:greenwood@perthcatholic.org.au)

PARISH OFFICE OPENING TIMES: MONDAY,

WEDNESDAY & FRIDAY 10.00AM TO 3.00PM

MASSSES: Mon-Fri 9.00am Wed Eve- 6.45pm- Saturday 9.00am & Vigil- 6pm- Sunday 7.30am, 9.00am, 10.30am & 5.30pm (appointing every 2nd Saturday of month)

Reconciliation: Saturday 9.30am-10.00am and 5.00pm-5.30pm or by request.

247 GREENWOOD YOUTH GROUP

For all youth in Years 6-12

Meets every Sunday night 6.30-8pm in the A'hem Centre. For more information call Lynn 0452 413 942 or Lionel 0405 107 841

Teasing can be persistent in nature, but not always. It's generally an attempt to get under a person's skin. It can involve name calling; it can be personal and hurtful in nature. It can also infringe on another person's rights. But generally teasing doesn't have the key ingredients that make up bullying.

**Bullying** is the selective, uninvited, repetitive oppression of one person or group by another. It involves three elements – intent to hurt or harm; power imbalance; and repetition over time. It takes many forms and guises including physical aggression; verbal abuse; emotional aggression (or blackmail); intimidation; harassment and exclusion.

The new cyber-dimension to bullying has moved the goalpost for many kids. In the past, children and young people could escape bullying behaviours by being at home. Cyber-bullying means that children can't escape bullies like they once could.

Our ability to be discerning about bullying is as important as the action we take when we are sure that our child is on the receiving end of bullying behaviour. These actions include: dealing with feelings; providing emotional coping skills; getting others involved; building up a child's support networks; and building self-confidence that can take a battering.

**Evacuation & Lock Down Drills** – As part of ensuring our students and staff are well prepared in the event of an emergency, we run alternate drills once a term. Our goal is to run them each term on a Tuesday in Week 5, with some aspect of flexibility depending on circumstances. This term it was necessary to move it back a week and the Evacuation Drill went very well yesterday. Everyone on site at the time of the drills will be required to evacuate or lock down using the Liwara evacuation or lock down procedures. If you are in the school, you will be expected to participate, so please follow the lead of the staff member you are working with, or in the closest proximity to.

### **SCHOOL IMPROVEMENT TEAM (SIT)**

This year, we have implemented a School Improvement Team which comprises of staff in different roles throughout the school. We have already spent a day in the holidays working collaboratively to brainstorm, share, plan, discuss, prioritise items and strategies to improve all areas of Liwara and we held our second meeting on Thursday after school.

The School Improvement Team have identified areas in the school that they will focus on this year and will seek support for some of the areas from the community and the P&F. I will keep the community informed as items are addressed and monitored via the newsletter.

From the brainstorm we listed things under the LEAD headings of:

**LEARNING:** Maths Problem Solving Resources (games/online tools etc.); Contemporary learning environments; outdoor classrooms;

**ENGAGEMENT:** Shade for the students on the oval; shelter for the students when it rains during pick up times; playgrounds for our students, ECE outside play area

**ACCOUNTABILITY:** Gardens & grounds beautification; environmental awareness; sustainability – shed; bays for soil, compost, manure, sand etc...; mulcher to make use of the natural resources we have – leaves ;

**DISCIPLESHIP:** Prayer boxes; Christian Service incursions & excursions;

These lists are just a start and will be added to during the year.

### **HEALTHY SCHOOL CANTEEN**

As part of our whole school improvement journey and in close consultation with Helen Miller, we are seeking members of our community who are interested in putting their names forward to form a core group of parents to work together to look at ways to make a positive contribution to students' health and wellbeing, with the full support of the canteen menu. If you have experience of working in an area that requires a knowledge of food science & nutrition and/or home economics I would be very keen to hear from you. If you are able to commit to working in a team with the sole purpose of sharing your expertise and experience, please contact the front office and I will meet with you.

I would like to draw your attention to some interesting information below, taken from the Tasmanian Canteen Association's School Canteen Handbook.

#### ***The Role of a Healthy School Canteen***

*As part of the school environment, a canteen is in a unique position to make a positive contribution to students' health and welfare. The functions of school canteens are to:*

- *provide a service to the school community*
- *provide a variety of nutritious and attractively presented food and drinks at a reasonable cost*
- *reinforce classroom learning.*

*Parents who get involved in the work of a canteen can:*

- *contribute to goal setting and to policies that incorporate healthy eating*
- *participate in the development or the evaluation of the healthy eating policy*
- *have input into student health and wellbeing*
- *be an integral member of the canteen's success through volunteering time each term.*

*The canteen provides a rewarding opportunity for parents to be involved in their child's school. A canteen can become an essential source of nutrition education that supports what students learn in the classroom and supports a whole school approach to healthy eating such as; the school produce garden.*

God Bless  
Andrea Millar

## FROM THE ASSISTANT PRINCIPALS

### EXTRAORDINARY MINISTERS FOR HOLY COMMUNION

Any parent who is interested in training as an extraordinary Minister of Holy Communion, is asked to contact the Assistant Principals, John Dols or Angela Leddin on 9448 3811, at the school or the Centre for Liturgy direct (on 9207 3350), for details of courses that are being conducted throughout 2017. The All Saints Parish will refund the \$10 cost of the course. Positions fill very quickly so, get in soon.

### PROJECT COMPASSION

Week 1: The Philippines

Dinia's story is a story of healing, through her own skill and perseverance, and through support from a Caritas- Australia funded program. Here is the link to watch Dinia's story on the Project Compassion website.

<http://www.caritas.org.au/projectcompassion>



### RECONCILIATION COMMITMENT WEEKEND

Commitment Masses for the Sacrament of Reconciliation this year are being held on the weekend of March 11 & 12. All children receiving this Sacrament for the first time this year, are expected to attend. Mass times are: Saturday 6pm, and Sunday 9am and 10.30am.

### RECONCILIATION PARENT WORKSHOP

All children and at least one parent are expected to attend the Reconciliation Parent Workshop. This is a very interactive and interesting workshop to allow families to prepare to receive this Sacrament together. Please choose one session to attend: either Tuesday 14 March 6-7pm or Thursday 16 March 6-7pm in the Ahern Centre.

### MUSIC ASSEMBLY

The Music Assembly will be held on Friday 17 March commencing at 9.00 to 9.30am in the Ahern Centre. Please come along and celebrate our student's musical abilities.

# GENERAL SCHOOL NEWS

## ACHIEVEMENT CERTIFICATES PRESENTED - 24 FEBRUARY 2017

PPG Harriet Barker, William Androszczuk  
PPR Poppy Stevenson, Christian Condelli

1G Niamh McSweeney, Aiden Nelligan  
1R Isaac Canzurlo, Chase Sinderberry-Williams,  
Katie Walsh

2G  
2R

3G Amalia Sequeira, Jack Meager  
3R

4G  
4R Charlie, Albonico, Joseph Hawkins

5G Brodie Duguid, Bailey White, Christopher  
Baker  
5R Charlotte Barker, Aaron Keating

6R Amber George, Nathan Riskas  
6G

## UNIFORM SHOP

Please be aware that the Uniform Shop is only open on Fridays between 8am - 8.50am when there is a **CLASS ASSEMBLY**.

**SPORT SOCKS ARE NOW  
BACK IN STOCK.**

## CANTEEN NEWS

Thank you to everyone who has volunteered to help in the Canteen. Your assistance is appreciated.

FRIDAY	10 Mar	<b>HELP REQUIRED</b>
MONDAY	13 Mar	Michelle Richards
TUESDAY	14 Mar	Julie Staniforth
THURSDAY	16 Mar	Mary Flack
FRIDAY	17 Mar	Kathryn Edwards
MONDAY	20 Mar	Narelle
TUESDAY	21 Mar	Mary Flack
THURSDAY	23 Mar	Aileen Long
FRIDAY	24 Mar	Mandy Kerridge



# Skoolbag

Smartphone school to parent communication

Skoolbag is a mobile App for your school to communicate directly to both parents and students. It works through both smart phones and smart devices (such as iPads and Android Tablets). Ideal for:

- > School, free push notification alerts
- > School events
- > School newsletters
- > School documents
- > School RSS feeds
- > School social media (Facebook, Twitter)

Skoolbag delivers school notices directly to parents and students



## How To Install Skoolbag On Your Smartphone

### iPhone & iPad Users

1. Click the "App Store" icon on your Apple device.
2. Type your school name in the search, using suburb name will help.
3. If iPhone, you will see your school appear, click "Free" then "install".
4. If iPad, change the drop list to "iPhone Apps", your school will then be visible, click "Free" then "install".
5. When installed click "Open"
6. Select "OK" to receive push notifications, when asked.
7. Click the "More" button on the bottom right of the App, then "Setup".
8. Toggle on the Push Categories that are applicable for you.



### Android Users

You must first have signed up with a Google Account before installing the app.

1. Click the "Play Store" button on your Android Device
2. Click the magnifying glass icon at the top and type in your school name, using suburb name will help.
3. Click the school name when it appears in the search.
4. Click the "Install" button.
5. Click "Accept" for various permissions (please note, we do not modify any of your personal data on your device).
6. Click "Open" when installed.
7. Click the "More" button on the bottom right of the App, then "Setup".
8. Toggle on the Push Categories that are applicable for you.



Don't forget to like us on Facebook! 

Find out more at [www.skoolbag.com.au](http://www.skoolbag.com.au)

Skoolbag delivers school notices directly to parents and students





# Kid's Corner



Many thanks to Mrs. Jen Herbert, (mother of Campbell Year 5G) for making a beautiful giant dice, complete with embroidered numbers for the children to use on the outdoor "Snakes and Ladders game. The children are already enjoying using the dice.



## **WANNEROO JOONDALUP TEEBALL CLUB**

Congratulations to Jett Phelan who was selected to represent the Wanneroo Joondalup Tee Ball Club at the 2017 State Championships, over the March long weekend. They competed in a 3 day competition at Langley Park against Tee Ball Clubs from all over Western Australia.

# WELCOME!

LIWARA Catholic Primary School

## OUTSIDE SCHOOL HOURS CARE

Hello from the OSHC team,

We are currently preparing the program for the April school holidays. We will be open in the first week from Monday April 10 – Thursday April 13 and will be closed the following week. We will open again for the Pupil Free Day on April 24.

The Vacation Care activities being planned will include a Mud Day incursion on April 11, a Science Day incursion on April 12 and a Golf Day on the Pupil Free Day on April 24. In house days will include wheels and water fun days, an Easter Craft Day on Thursday April 13. The program will be distributed when all dates are confirmed.

The new playground is proving to be EXTREMELY popular. Following the lead of Miss Bodeker and Miss Bryce the OSHC children are spending their time running, jumping, climbing, balancing, digging and engaging in very some serious PLAY! They are playing with, in, on and under the new equipment. Being outside has never been so much fun!



**PLAY**  
is the work of childhood  
Mr. Rogers

Regards,  
Gayle Margetic and the OSHC Team



# SOCIAL WORKER'S CORNER

Dear Parents and Caregivers

Firstly, I would like to thank all the parents who were able to come to Holly-Ann Martin's talk last week regarding Protective Behaviours held on Thursday 2<sup>nd</sup> March. It was great to see so many parents there and the feedback from the evening was tremendous! Following from this, Holly-ann sent us the following apps that are currently popular with our young ones and worth reconsidering if your children are currently accessing these:

## 1. Musical.ly



Users upload live videos of themselves lip-syncing and or dancing to music with the objective of gaining likes & followers. With 252k daily active users in Australia, this app is incredibly popular with young people. But there are underlying risks including grooming and cyberbullying, as well as inappropriate sexualised or self harm content. Children often upload videos in their school uniforms, providing an easy means for predators to locate them.

## 2. Meetme



Users create an account to communicate with other random users anywhere in the world. The app currently has 129k daily active users. Young people are at risk of being contacted by predators, being bullied by other users and are also incentivised to make in app purchases in order to boost their popularity on the app.

## 3. Yellow



Often dubbed "Tinder for teens", users swipe left or right on profiles. Yellow has exacerbated the risks on Snapchat (where teens are sharing sexting images thinking they will disappear when they are actually being screenshotted and shared). Matches are automatically provided with a platform to chat and link to each other's Snapchat accounts, to increase their Snapchat followers. With 84k daily active users in Australia, this app is rapidly gaining popularity.

## 4. Live.ly



Users upload live videos of themselves doing anything and everything with the objective of gaining likes & followers. The freedom users have to upload anything they want results in a huge risk of young children viewing highly inappropriate content such as nudity and self harm. This app has 80k daily active users within Australia, so it's not as popular as Musical.ly, however there is a greater risk of inappropriate content given the theme of posts is 'anything goes'.

## 5. Twitch



Users broadcast themselves playing video games for other users to watch. Users can also chat with each other. Twitch's online community promotes a pack mentality among users who are predominantly young males. Users who don't align with this attitude are ridiculed heavily. Currently the app has 69k daily active users.

The potential dangers posed by these apps are alarming. It can be easy as a parent to think that your child will exercise common sense when using apps, but the reality is that it is too easy for even sensible kids to stumble upon adult content or inadvertently place themselves at risk.

For further information and resources, please check out Holly-ann Martin's website, [www.safe4kids.com.au](http://www.safe4kids.com.au) and her Facebook page.

Thanks to the support from all the Leadership team, every year level at Liwara will be learning Protective Behaviours this year. Please feel free to contact me here on Mondays and Wednesday for any further assistance.

Kind regards

Jane Evans

School Social Worker

Liwara Catholic Primary School, Greenwood -  
MONDAYS and WEDNESDAYS 8am to 4pm  
Ph: 9448 381



# Sustainable Living



## CLEANAWAY INCURSION

Written by The Gardening Guru Year 6 Ministry team: Zane, Julia and Ben.

This week Vivienne from Cleanaway (the City of Joondalup waste disposal company), came to our school to educate us on ways to be waste wise. We learnt where all of our household rubbish ends up, and the impact it has on our environment.

We now know what to put in our general waste rubbish bins and our recycling bins. We think it is very important that Vivienne came to our school. We hope she can spread the message to our community about how to be wast wise.

Thank you, Vivienne and the City of Joondalup for these valuable lessons.

Sustainability Officer's note:

*The Cleanaway incursion includes two sessions on different days for each class. Students are asked to discuss the information with their families and to complete a form to be returned to the school for feedback to Cleanaway. By providing this response, families help to make sure that this valuable program will continue to be offered to schools in this area.*

*The incursion was organised by the Liwara Sustainability team, with support from the classroom teachers. The aim is to promote the students' awareness of the need to take action to ensure that we live in our world in a sustainable manner. The incursion also provided the students and staff with ideas and strategies of simple ways that we can adjust some of our habits to care for God's creation.*

# COMMUNITY NEWS



**MATER DEI  
COLLEGE**  
FAITH WITH COURAGE

## MATER DEI COLLEGE APPLICATION REMINDER

Is your child due to start Year 7 in 2018, 2019 or 2020? Have you lodged your Application for Enrolment at Mater Dei College? If you haven't yet, please lodge an application as soon as possible as places are filling up fast. To find out more about the enrolment process, please view our website,

<http://www.mdc.wa.edu.au/enrolment/>

If you require any further information please contact our Enrolments Officer, Mrs Lourens on 9405 4777 or [enrolments@mdc.wa.edu.au](mailto:enrolments@mdc.wa.edu.au)



## TRINITY COLLEGE CURRENTLY TAKING ENROLMENT INTERVIEWS

If you are looking for a holistic, quality Catholic education for your son, Trinity College in East Perth may be the school you are searching for. We strive to provide the highest level of teaching and learning in an environment that keeps expanding to meet the physical and emotional needs of all students. To learn more about the extensive things on offer such as our state-of-the-art robotic observatory or our Design and Technology centre using the latest equipment in technology laboratories, please visit our website for further information. Interviews are now taking place for Year 7 in 2019, with limited places available for Year 7 next year. Visit [www.trinity.wa.edu.au](http://www.trinity.wa.edu.au) or contact 9223 8121 to book a guided tour.

## ARE YOU CONCERNED ABOUT THE IMPACT OF ALCOHOL AND OTHER DRUGS ON YOUR CHILDREN?

Parents, teachers and school staff have a crucial role to play in the prevention of young people's risk of harm from alcohol and other drugs.

School Drug Education and Road Aware (SDERA) invite you to attend a **FREE Talking Drugs** information session.

This session will help you understand the real picture of illicit drug use and the role you play in school drug education. You will learn how to open up a dialogue with children of all ages about drugs and where to go for help with a drug-related problem.

Date: Thursday 23rd March 2017

Time: 6:45pm - 8:30pm

Where: St Stephen's School Duncraig Theatre, 100 Doveridge Drive, Duncraig

To book this **FREE** event visit: [www.trybooking.com/PEBT](http://www.trybooking.com/PEBT)  
Please RSVP by 20 March 2017.

For more information contact: Catriona Coe at SDERA 9402 6256 [catriona.coe@education.wa.edu.au](mailto:catriona.coe@education.wa.edu.au)

Spaces are limited. Book now!

**SACRED HEART COLLEGE**

**GROWING  
STRONG AND  
RESILIENT  
MEN AND WOMEN**

**DR ARNE RUBINSTEIN** (MBBS, FRACGP)

**7:30PM, THURSDAY 23 MARCH 2017**  
**THE RNDM PERFORMING ARTS CENTRE**

Sacred Heart College is proud to welcome Dr Arne Rubinstein, an internationally recognised expert on Rites of Passage and adolescent development. Dr Rubinstein has been running programs for teenagers and delivering cutting edge leadership training in Australia and internationally for over 20 years.

Author of the best-seller *The Making of Men*, Dr Rubinstein has become the go-to person in Australia for advice on how support boys and girls to successfully make a safe, healthy transition to young men and women. Previously he has been nominated for Australian of the Year for his ground-breaking work with youth, providing much-needed answers and tools to help a generation of teenagers be strong, happy, resilient and have a desire to contribute to their community.

**TO BOOK YOUR TICKETS PLEASE VISIT**  
[WWW.TRYBOOKING.COM/OWEM](http://WWW.TRYBOOKING.COM/OWEM)

Ticket prices have been kept to a minimum (\$15 each) but please note some fees do apply.  
This system will allow guests to choose their own seats and print tickets at home.

FURTHER INFORMATION CAN BE OBTAINED BY CONTACTING EXECUTIVE ASSISTANT, EMMA KILLIAN ON [KILLIAN@SACREDHEART.WA.EDU.AU](mailto:KILLIAN@SACREDHEART.WA.EDU.AU)

# UNIFORM SHOP

New Opening Days & Times

Monday 8am - 9.00am  
& 2.30 - 3.15pm

*Class Assembly Fridays only 8.00am—  
8.50am*  
during the school term

Please direct enquiries to  
[uniformshop@liwara.wa.edu.au](mailto:uniformshop@liwara.wa.edu.au)

Order Forms available on website  
Full payment is required on ordering. Orders will be  
dropped off at your child's class on Monday mornings.

# Outside School Hours Care

Before & After School Care  
Vacations Care  
Contact Centre Supervisors

**0477 994 123**

PLEASE BOOK NOW  
TO AVOID DISAPPOINTMENT



# Absentee Line

**SMS - 0419 915 606**  
for the absentee line before **9.30am**.

Leave the child's name, class and a brief description  
for the absence.

*Please do not reply to the computer generated absentee text  
sent to you if your child is not at school. We do not receive it.*



**CANTEEN**  
Contact Helen: 9447 5133