



# LIWARA CATHOLIC PRIMARY SCHOOL

Newsletter No 1 8 February 2018

5 Tuart Street Greenwood

9448 3811

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## Prayer for a New School Year

Lord, please bless all our teachers, friends and relatives as they make their way back to their classrooms for another year. Help them to feel excitement and joy in the promise of a new start. Give them everything they need to start their classes. Give them all they need all year. Give them imagination and creativity to make wonders out of what they do have. Give them wisdom all year. Let the students be excited about this wonderful world and all there is to learn about it.

## A MESSAGE FROM THE PRINCIPAL

### OUR MISSION

We gather as a community of believers in a Catholic environment to develop in each child a sense of wonder of learning.

With the essential support of parents,  
our Mission is ***to empower children to be faith filled, confident and fully rounded, life-long learners.***

### OUR VISION

Our Vision is a community with strong connections where every student has a sense of belonging,

feels safe and is known by name and need.

As our motto suggests, we strive to be a place of ***Strength in Community.***



### ALL SAINTS CATHOLIC CHURCH

**PARISH PRIEST:** FR ELVER DELICANO

**ADDRESS:** 7 LIWARA PLACE,  
GREENWOOD WA **TEL:** 9447 6225

Check for further details on the  
General School News page.

Dear Families,

It has been wonderful to have the students arrive at school this year in such a calm and settled manner. Thank you to all parents and carers who have played a significant role in allowing this to occur. The staff and I look forward to working alongside you as we journey together in 2018 to engage the students in purposeful learning opportunities. With the full support of our parents, we strive to educate the students in contemporary and collaborative spaces so that they can take risks and develop into confident and faith filled individuals.

All classes, except the Year Ones will be working with the Protective Behaviours Program this term. The Year One teachers, in collaboration with Jane Evans our school Social Worker, believe at this age the students benefit from starting the year with the FunFriends Program, which comes under the "Friends for Life" program that is mentioned in the Kidsmatter website <https://www.kidsmatter.edu.au/primary/about-kidsmatter-primary/framework> as a recognised program. In Term Two the students in Year One will be working with the Protective Behaviours Program.

Last Friday we celebrated our first Whole School Mass together with the parish and the children's enthusiasm and participation was contagious. Fr Elver commented that he was so pleased to have us all back as he enjoyed celebrating with our beautiful students. We welcome Mrs Sarah Carberry and Mrs Georgia Millad to the Liwara Staff this year and a special 'welcome back' to Mrs Michelle Bratich, Mrs Michelle Greene and Mrs Angela Tedesco who started back in Term 4 last year.

What a great way to begin the second week of the school year, gathering as a community at our Parent Information Evening on Tuesday. It was an opportune time to get to meet our new staff and to share classroom information about the experiences and expectations your children will be involved with this year.

For those families with siblings attending Kindy this year, the staff would like to thank you for dropping the older students to their classes first and for then bringing the Kindy students to class. A reminder that the Kindy doors will be open at 8.40am so please try and be in the room by 8.45am each morning.

Next week all families will be receiving an envelope with important forms and your Fee Statement for Term 1 could you please fill in and return the relevant forms and any changes in family details to the school by **Friday 16 February**. An important reminder that any medication sent to school with a student must be handed in to the office with a Student Medication Form, signed by the medical practitioner who has prescribed the medication. The signed form must accompany the medication for the office staff to administer it to your child. The forms are available on the school website.

<http://www.liwara.wa.edu.au/wp-content/uploads/2017/05/Student-Medication-Request-Form-1-1.pdf>

God bless

Mrs Andrea Millar

## FROM ASSISTANT PRINCIPALS

### Parent Sacrament Theology Evening

The All Saints Parish & Liwara CPS Sacramental Team are running a 'Theology of Sacraments' presentation for any interested parents. This is recommended for any Year 3, 4 or 6 parents whose child/ren are receiving any one of the three Sacraments this year (i.e. Reconciliation, Eucharist or Confirmation).

The presentation by Karl Brown will take place on **Tuesday 27 February** in the Ahern Centre commencing at 7pm.

### Liwara Family Mass

The first Liwara Family Mass this year will be held on Sunday 18 February at 9.30am. There will be a morning tea hosted by the parish after the Mass including ice cream for the children. As the Mass is run by the school, we are keen to seek volunteers from the school community who are commissioned in the parish as ministers (Eucharistic, Readers, ) to contact John Dols at the school to offer their services at this Mass. We look forward to hearing from you.

### Ash Wednesday Mass

The whole School will be joining the Parish community at the Ash Wednesday Mass on Wednesday 14<sup>th</sup> February at 9.00am. All are welcome.

### School Assembly

The first Certificate Assembly this year will be held on Friday 16 February at 8.50am

### School Assembly times

School Assemblies will start a little earlier at 8.50am on Fridays this year. For further details about assemblies please see the calendar on the website.

### Sacrament Enrolment Masses

Any Liwara child intending to make their First Reconciliation (Yr 3), First Holy Communion (Yr 4) or Confirmation (Yr 6) this year is expected to attend an All Saints Parish Mass, at either 6pm Saturday 24<sup>th</sup> February or on Sunday 25<sup>th</sup> February at 7.30am, 9.30am or 5.30pm, and sign the enrolment register.

# CONSTABLE CARE INCURSION FOR YEARS 1 THROUGH TO 6 WHICH TAKES PLACE ON THE 23<sup>RD</sup> FEBRUARY.



## Years 1 and 2:

### Making the right call.

A Crime Prevention and Protective Behaviours Puppet Theatre Performance for Pre-School to Year 3 (ages 3-9).

#### Key Concepts for this performance:

- Naming trusted people in the community who can help students stay safe and healthy.
- Knowing how to assess a situation and deciding who and when to call for help.
- Knowing how to call Triple Zero in an emergency or to contact Police or Crime Stoppers for other issues.
- Knowing what to do when finding a discarded needle
- Practising ways of asking for help in a range of different situations and scenarios.
- Simple actions and decisions students can take to keep themselves and others healthy and safe.

## Years 3 and 4

### Screen Name

An Online Protective Behaviours Performance for Years 4 - 8.

#### Key Concepts for this performance:

- Not everyone we meet online is honest about their true identity
- There are safe actions we can take to protect ourselves online
- Always tell someone you trust (preferably an adult) if you are concerned about something you experienced online that made you feel unsafe
- Ensure your personal information is protected online
- There are real risks involved in meeting an online contact face to face, as you can never be sure they are who they say they are

## Years 5 and 6

### Frenemies

Frenemies is an interactive Forum Theatre session for students in Years 4 - 6.  
It explores bullying and pro-social skills amongst young people.

#### Key concepts for this performance

- "Bullying is a repeated behaviour; that may be physical, verbal and/or psychological; where there is intent to cause fear, distress, or harm to another; that is conducted by a more powerful individual or group; against a less powerful individual or group of individuals who are unable to stop this from happening." (Olweus 1996)

# Sustainable Living

## WRAPPER FREE WEDNESDAYS

'Wrapper Free Days' (lunch and recess) will take place every Wednesday throughout the school year. These days are when students and parents try their best to pack a lunch box without single-use disposable items.

We are aiming to raise awareness of the amount of single-use disposable plastic in our lives and challenges people to do something about it.

Every day we encounter single-use plastic: bags, water bottles, straws, food packaging & takeaway coffee. We can all take steps to avoid plastic becoming a problem and as a school we can choose reusable alternatives and pick up plastic litter.

'Single-use' includes plastic shopping bags, plastic cups, straws, plastic packaging...basically anything that's intended only to be used once and then discarded.

The challenge is quite simple...**attempt to refuse single-use plastic.**

*Please support our school community*



### COLES SPORTS OR SCHOOLS

Liwara has registered for the 2018 Coles Sports for Schools program. We need your help with collecting vouchers from Coles.

#### How it works

**Step 1:** For every \$10 spent at Coles, customers will receive one Sports for Schools voucher.

**Step 2:** Bring your voucher into school and place it in the box outside the sports shed, labelled Coles Sports for Schools.

Every voucher received will go towards our tally. We will then be able to order the sports equipment the school needs to the value of the vouchers.

**START COLLECTING TODAY**

# Social Work Corner

**FROM THE SOCIAL WORK CORNER – Jane Evans**

## **Easy Ways to Build Your Child's Self Esteem with Your Words**

**The following is taken from *Dr Laura Markham's website, [www.ahaparenting.com](http://www.ahaparenting.com) and has lots of great suggestions to build into your everyday family life.***

**1. Empower your child by seeing her best self.** Research shows that kids' beliefs determine their behaviour. When you observe something positive about your child, tell her what you see. *"You're working hard on that.... Hey, I saw you got frustrated with your brother, but you were able to stop yourself from yelling....Wow, you read that whole book yourself!....I've noticed that you're remembering to brush your teeth now without being reminded most of the time."* Notice that these are specific observations about what your child is actually doing, rather than global pronouncements like *"You're smart"* which aren't provable, and which kids may argue with in their own minds.

**2. Empower your child by problem-solving instead of labelling.** If you're offering your child guidance about something, stick to what's happening right now and empower your child to solve it. *"You always forget to ..."* makes him the problem, and programs him to keep forgetting. *"How do you think you can help yourself remember tomorrow?"* helps him move from being the problem to becoming the problem solver. Just focus on how he can remember this time, and he'll start to see that he's a kid who can support himself to remember, more and more often. Comment especially on any progress in the *"right direction,"* even if it isn't perfect. We all need encouragement to keep plugging away towards a goal.

**3. Empower your child by helping her keep "failure" in perspective:** Kids are creating beliefs about the world from every experience. When things don't work out as they hoped, they often draw global conclusions and *"I got all these words wrong"* becomes *"I'm just no good at spelling....I'm not a good student."* Help your child reframe to see that any given setback is temporary and she has some control over whether things will work out next time: *"You're really disappointed that you didn't know these words....What could we do next week so that you know the words before the spelling test?"* Give your child as much support as necessary to be successful — which is very different than doing it for them. Seeing that their actions have a big impact on their success helps kids try harder next time, instead of giving up on themselves.

**4. Empower your child by letting him overhear you saying something positive about him to someone else.** When you try to convince your child directly, he may resist what you're saying. After all, he sees evidence to the contrary. But when he overhears you saying it to someone else, he begins to believe it might be true. *"She was so helpful today....I think he's finding that focusing on his homework helps him enjoy school more....He and his sister are learning how to work things out....I just so enjoy being with her.... I am so blessed that I get to be his mother!"*

# CANTEEN ROSTER

*Please include your child's class colour (Red or Green) when you are ordering your children's lunches online.*

*This will reduce the time taken to process your order. Thank you.*

*Welcome back to a new year. Please take the time to look at the Quick Click menu as there are a few new items. <https://quickcliq.com.au/>*

*Friday February 9th **HELP NEEDED***

*Monday February 12th Mary Flack*

*Tuesday February 13th **HELP NEEDED***

*Thursday February 15th Melanie Stevenson*

*Friday February 16th Mary Flack*

*Monday Feb 19th Melanie Stevenson*

*Tuesday Feb 20th **HELP NEEDED***

*Thursday Feb 22nd **HELP NEEDED***

*Friday Feb 23rd **HELP NEEDED***

*Please put your name down to help in the canteen.*

*I really appreciate your help.*

Contact Helen:  
9447 5133





**REGISTER  
TODAY!**  
FREE, QUICK & EASY

**WE ARE  
NOW A  
QUICKCLIQ  
MEMBER!**

By supporting QuickCliqu  
you are supporting  
your school.



REGISTER TODAY AT

[www.QuickCliqu.com.au](http://www.QuickCliqu.com.au)

### How to get started:

- Visit [www.Quickcliq.com.au](http://www.Quickcliq.com.au)
- Sign up by completing the registration form
- Recieve a confirmation email with activation link
- Activate your account and login to the website
- Add a student and nominate their school
- Order whenever you like

### How to order meals:



*It is that simple! It is our job to make your life easier.*

Using QuickCliqu helps you stay organised, order up-to four weeks in advance.

SAFE & SECURE

SUPPORT LINE: 1300 11 66 37

ORDER 24/7

**REGISTER  
TODAY!**  
FREE, QUICK & EASY



## Congratulations!

Your school has made an important decision to join the digital revolution of online ordering. The QuickCliq ordering system is so simple even a child can use it, which means that the service is easy and convenient to use.

Created by schools and parents, Quickcliq is your one-stop shop for everything your school and students need. What used to take hours to procure can now be done in one place, with a simple click of a button.

**It is free, safe, and secure.**

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### Why is my school using an online ordering system?

It enables your school to be more efficient with school bookings and purchases. QuickCliq offers a large range of services with one central support hub. We like to call it hassle-free shopping. You can now say goodbye to running from shop-to-shop to fill your school orders, and hello to getting the job done quickly and easily in one online store.

### Is the website safe and secure?

QuickCliq is department of education approved and all your information is hosted in Australia. QuickCliq also has an SSL certification and is PCIDSS approved for secure financial transactions. This means that you can rest assured your information is protected.

### How can I pay for my order or add credit to my account?

You can use Paypal or Credit Card for immediate payment. You can also use Direct Deposit, which is fee free.

### What if I need help?

Just give our friendly, experienced team a call on 1300 11 66 37 from 7.30am Monday-Friday, or email us at [info@quickcliq.com.au](mailto:info@quickcliq.com.au)

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***By supporting QuickCliq you're supporting your school.***

Using QuickCliq helps you stay organised, order up-to 4 weeks in advance.

SAFE & SECURE

SUPPORT LINE: 1300 11 66 37

ORDER 24/7



## SERVICES AT LIWARA

# UNIFORM SHOP

# OSHC

**THURSDAY**  
**8.15am - 9.00am**

Before & After School Care  
Vacations Care  
Contact Centre Supervisors

Please direct all enquiries to  
[sales@jfe.net.au](mailto:sales@jfe.net.au)

**0477 994 123**

**BOOK NOW**

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



# ABSENTEE LINE

# CANTEEN

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

*Welcome back to a new year. Please  
take the time to look at the Quick  
Click menu as there are a few new  
items.*

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

<https://quickcliq.com.au/>

*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.*



*Volunteers required*

# GENERAL SCHOOL NEWS

## NEW PARENTS NIGHT

The New Parents night will be held on 16th February.

Invitations and information will be coming home today.



### 2018 COMMUNITY BUSINESS DIRECTORY

*The School Community Business Directory is an avenue of support for families within the school. The details listed are not to be used for marketing/advertising purposes or for commercial mass distribution of material.*

**LiwaraPBD@gmail.com**

<http://web.liwara.wa.edu.au/index.php/community-business-directory>



#### 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

**MASSES:** Mon-Fri 9.00am Wed Eve - 6.45pm - Saturday 9.00am & Vigil - 6pm—Sunday 7.30am, 9.00am, 10.30am & 5.30pm (anointing every 2<sup>nd</sup> Saturday of month)

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

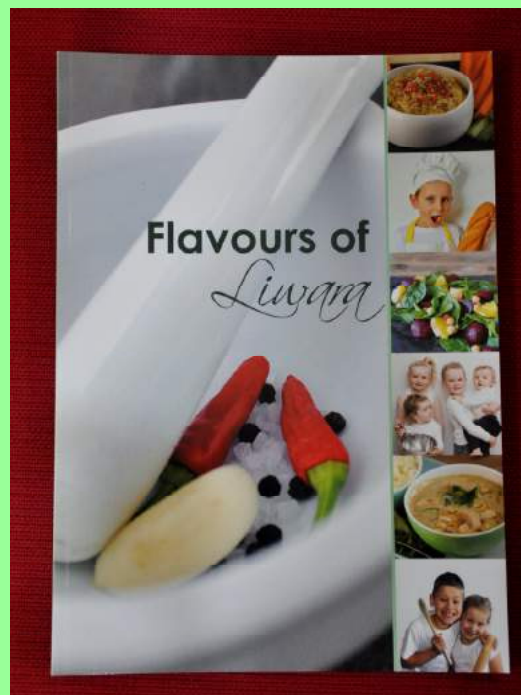
**All Saints Parish 24:7 Greenwood Youth Group**

For all youth in Years 6-12

Every Sunday night 6.30-8pm @ the Ahern Centre (Liwara Catholic Primary School)

For more info call Lynn 0452 413 942 or Lionel 0405 107 841

## LIWARA CATHOLIC PRIMARY SCHOOL COOKBOOK 2017



Order your copy from Trybooking at the special price of \$25 <https://www.trybooking.com/330567>  
Copies will be available for pick up in the undercover area on Friday mornings. Any enquires please contact Bronwyn [liwaracookbook@gmail.com](mailto:liwaracookbook@gmail.com)