



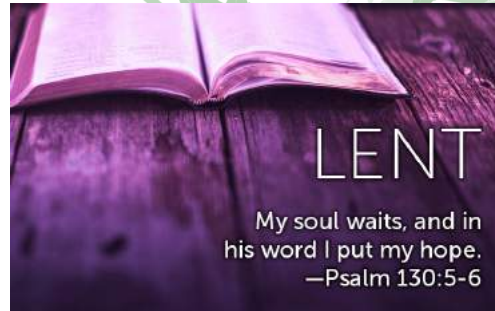
LIWARA CATHOLIC PRIMARY SCHOOL

Newsletter No 3 8 March 2018

5 Tuart Road Greenwood

08 9448 3811

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A MESSAGE FROM THE PRINCIPAL

Dear Families

Welcome to Week 6 of Term 1.

MORNINGS AT LIWARA—I would like to take this opportunity to thank all our parents for adhering to the morning start times by dropping the students off from **8.20am** onwards, as the school is unsupervised till 8.20am each morning. A timely reminder to the community is the availability of our Before School Care from 7.00am each morning if your work commitments do not give you the freedom to adhere to our school times. Please see Mrs Gaye Margetic or a member of the OSHC team if you would like to use the OSHC facilities. Could all parents please remind their children that regardless of their time of arrival, the expectation once the students are on site is for them to stay outside their immediate classroom area. On occasions, some students need to be reminded that the expected morning procedure for all our Liwara students is to wait calmly and responsibly outside their classroom, not playing running games around the playground or damaging the garden beds by jumping off walls or steps. I thank you for your support in speaking to your children about this on a regular basis, as all children deserve to have a positive start to each day.

FAREWELL TO MRS LORRAINE DOMINISH—After over thirty years of being a part of the Liwara School Community, as a parent and then as a staff member, Mrs Dominish has made the decision to resign from her position as Library Technical Officer. On behalf of the Liwara School Board and School Community I would like to extend my deep gratitude to Mrs Dominish for the many years of service given to the families and students of Liwara. She has generously shared her Library knowledge and skills with the staff and children and will be remembered by many for her wonderful Book Week Fairs & Parades. I wish her all the very best for her future plans and aspirations. We are extremely fortunate however, that we have a current member of our staff who is able to step into the role in a part-time basis at present, who has the qualifications, experience, skills & knowledge to continue to keep the Library running efficiently. Mrs Gaye Margetic, who is also our Nominated Supervisor & Educational Leader of our Outside School Hours Care program has agreed to take over the role alongside her current position. I will be working closely with Mrs Margetic in the next few weeks to make the transition process as seamless as possible.

ASSEMBLY TIME CHANGE: To optimise the mornings which are the most productive learning times for our children, we will be moving our assembly times to 2.30pm from the beginning of Term 2. They will still be held on Fridays, but just a time adjustment. I know you will all support this move as our students' needs must always be at the forefront of all our decision making.

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.

AGILE SCHOOLS WORKSHOP “LEARNING SPRINTS INTO ACTION” Last week a team of key staff attended the Agile Schools Professional Development Day 1 of 2 where we worked with colleagues from other Catholic schools. The premise of the workshop was: *If we are to lift the learning outcomes of diverse students we must invest in developing the individual and collective expertise of teachers. Learning Sprints provides a simple, effective and field-tested approach to supporting teachers to continually enhance their practice. It has been designed to be simple, relevant and manageable for already overloaded teachers and leaders.* Mrs Amanda McCabe and Ms Alberta Bodeker, along with their partner teachers Mrs Andrea Rattray and Mrs Andrea Shilkin will be implementing Learning Sprints into their classrooms, focussing on achieving maximum impact on student learning by targeting a small group of students with a specific outcome for a 1-4 week period of time. They will then work with the rest of the staff to train and support them to implement Learning Sprints across the entire school.

PASTORAL CARE OF OUR STUDENTS: Following on from the information I shared with the community in the previous newsletter, I will list some of the programs we are currently offering our students as a **KidsMatter** School. At Liwara we are currently implementing the following programs: **PATHS; Friendology; Aussie Optimism; Rock & Water** as well as the **Safe4Kids Program** which specialises in child protection education, **Buddy Classes Initiative; Levels of Behaviour** and the use of the **Sensory Room**.

KIDSMATTER Primary is a mental health and wellbeing initiative for Australian primary schools. It provides proven methods, resources and support to identify and implement whole-school strategies to improve student mental health and wellbeing. As well as all the initiatives listed above we have the additional support of Mrs Jane Evans, our Social Worker who runs **URSTRONG Friendology Schools Plus**—a friendship program that inspires children to feel empowered, develop a strong sense of self and love themselves while learning to manage the most important thing to them....their friendships; **FunFriends**—an early intervention and prevention of anxiety and depression as well as a focus on social skills; **Seasons For Growth**—a loss and grief peer support group offered at various year levels depending on need; **EdConnect**—a mentoring and in-class support program provided through **EdConnect** Australia where mentors spend an hour a week during school time. The main focus of the mentoring is to match students with a mentor to provide support and be a positive role model and to improve students' self esteem and confidence whilst engaging with positive adult role models.



The paragraph below, taken directly from the KidsMatter website is pivotal to ensuring the students are nurtured, happy and balanced at school and home and feel safe every day. *Does it matter that I feel I belong at school?*
Does it matter that I have friends and can share my feelings?
Does it matter that I have people who support and understand me?
Does it matter that I have someone I can turn to?
Does it matter that my school believes in me?
It matters!

LOST PROPERTY—There are still many items of winter clothing left in the lost property trolley which is now housed in the breezeway between the Year 3 block and the Staff Room. Could you please check your child's winter uniform and if any items are missing, they could be found in the Lost Property trolley.

KINDY DAYS 2019 From the beginning of 2019 we will be moving our Kindy days to Tuesday, Wednesday & Thursday as this will allow the children to be in attendance most of the year as currently they miss too many days with Public Holidays & Pupil Free Days and they will have the opportunity to be involved in the majority of whole school events. Our Pre Kindy day will be on Fridays.
God bless

Mrs Andrea Millar

FROM THE ASSISTANT PRINCIPALS

Reconciliation Commitment Masses

All students who are receiving the Sacrament of Reconciliation (mostly Year 3s) later in this term are expected to attend a Commitment Mass this weekend at either the 6pm Mass on Saturday (March 10th) or one of the Sunday Masses (March 11) at either 7.30am, 9.30am or 5.30pm.

Reconciliation Workshops

Parent and student workshops for all those receiving the Sacrament of Reconciliation (Year 3s) are being held on Tuesday March 13th and Thursday March 15th in the Ahern Centre commencing at 6pm. All students are expected to attend with a parent/guardian.

Walk to Water

A very big thank you to our Social Justice Ministry for their efforts to raise awareness and funds for the Walk to Water project. It was an informative experience for all and the school raised \$618.50 in support of the project.



School Photographs

Our School Photos will be taken on **Tuesday 20th and Wednesday 21st of March 2018** and all students will be required to wear their **Red Top Sports Uniform**.

Tuesday March 20th – Kindy, Pre-Primary, Years 2, 4, 6 (including Graduation photo) and family photos (surnames A-L at 8.10am)

Wednesday March 21 – Pre-kindy, Years 1, 3, 5, Rock band, choir, netball teams and family photos (surnames M-Z at 8.10am)

Class Photos/Portraits.

- Every Student will have their photo taken whether they are purchasing photos or not, for the schools pictorial history.
- The school has chosen to use the online ordering system and your child has been given an online ordering instruction slip and a unique student code for you to follow and place your order online via the internet.

The expiry date for online ordering is the **27th of March 2018**. Any orders received after this date are treated as re orders and will incur additional costs.

Family Photos:

- Envelopes can be obtained from the School Administration.
- Family photos are being taken each of the two mornings before school. Please bring your children in on the days listed above via your child's surname to avoid long queues (i.e. Tuesday 20th surnames A- L. and Wednesday, surnames M-Z.)

Please ensure that your family envelope, with enclosed payment, is handed to the Photographers on photo day.

Choir/Rock band/Netball Team Photos:

If your child is in a Choir/Rock Band/Netball Team Photo, you will receive a link and password to the online gallery after photo day, where you can view and order these photos if required. These photos will be packed and delivered with the school's bulk order.

From the Assistant Principal's contd.

Interschool Swimming Carnival

The Interschool Swimming Carnival for selected competitors will be held at Thursday March 22 at **Arena Joondalup** More information for those competing will be forwarded soon.

Lenten Paraliturgies/Holy Week

A short prayer service reflection on the events of Holy Week will be held in the Ahern Centre each morning of Holy Week (Mon 26th – Thursday 29th March) commencing at 8.50am. Each Year level will conduct a reflective service to remind us of Palm Sunday (PP & Year 1) on Monday, Holy Thursday (Year 2 & 3) on Tuesday, Good Friday (Year 4 & 5) on Wednesday and Easter Sunday (Year 6) on Thursday. All are very welcome to attend.

2018 FACTION SWIMMING CARNIVAL

On Thursday 1st March the Year 4 to 6 children travelled to Craigie Leisure Centre and competed in our Faction Swimming Carnival. It was a fantastic day with outstanding swimming and sportsmanship shown by all.

The final results of the day were;

1 st	Aroona	356
2 nd	Teangi	295
3 rd	Rawlina	282
4 th	Boree	258

Champion Girls and Boys for the day were;



Year 4 Girls	Year 4 Boys
1 st Zadie Torkington	George Hemmingway
2 nd Christina Edwards	Harrison Gilford
3 rd Jalyn Klijn-Francesconi	Smith Mak
Year 5 Girls	Year 5 Boys
1 st Harriet O'Brien	Sam Carmignani
2 nd Maddison O'Sullivan	Fletcher Bromwell
3 rd Chiara Finlay	James Willoughby
Year 6 Girls	Year 6 Boys
1 st Ashlee O'Sullivan	Jack Hemmingway
2 nd Ariel Wilson	Sam Hull
3 rd Emily Finlay	Aaron Keating

Thank you to all the parents who volunteered their time to help make the day a success.

Mrs Dawe

Physical Education Teacher



Let kids off the leash for greater confidence and resilience

by Michael Grose

"Did you as a child or teenager enjoy more freedom to move around your neighbourhood than you give to your kids?"

I often ask parents this question at my presentations and the answer is usually overwhelmingly affirmative. I then ask:

"Put your hand up if you benefitted from this freedom in any way including developing self-confidence, gaining independence and learning how to solve your own problems."

Almost every parent present raises a hand.

Deep down we know that giving kids more freedom is good for their overall development, yet we so often struggle to give kids the same liberties to roam that many of us enjoyed as children ourselves.

Recently Tim Berryman, principal of Fitzroy Community School, [gave a speech](#) urging parents to be brave and give their children more freedom.



The speech obviously struck a chord, as more parents in his school now allow their children to travel to school independently, as well as walk to the shops, the park or friends' homes without an adult.

Bravo to the principal for taking a stand and three cheers to the parents who changed their ways and gave their kids the opportunity to roam away from home without adult supervision.

In my book *Spoonfed Generation* I wrote how it was the edgier escapades – such as climbing walls, exploring drains and building cubbies from scraps scrounged from a nearby wood yard – and not the safe experiences that shaped me and made me less fearful as a child. These types of experiences in unpredictable environments taught me about being resourceful, assessing risk and confronting my fears.

I would strongly argue that although I benefited greatly from a very good formal education at school it was these unorganised activities that helped me reach my full potential. Unfortunately, these are not the type of experiences many of today's children and young people enjoy.



Not all risks are the same

There are a number of reasons why today's generation experience less freedom than previous generations. These include busy after-school schedules leaving less time for wandering and the centralisation of shops and parks reducing opportunities for walking. However it's the perception that the world is a more dangerous place that seems to be most pertinent. This is despite there being little evidence to suggest that stranger danger is on the rise.

The wish to keep kids safe is now paramount for many adults, but it comes at the expense of children's and young people's natural developmental need for unpredictable experiences away from constant adult supervision.

We need to be careful we don't throw all risk into the same basket. We need to separate risk-taking in terms of unsafe/unhealthy risks (e.g. playing chicken with cars on busy roads) and safe/developmental risks (e.g. using traffic lights to cross busy roads). It's evident that children who are exposed to safe risk-taking usually are less fearful, less anxious and more able to take on new

challenges and experiences.

Parents need to be brave

Perhaps one of the hardest parts of parenting is letting go of our primal need to keep kids safe from pain and harm. The wish to protect is in the DNA of most parents, yet we can't let that innate desire restrict children's basic developmental need to explore, to be curious and to pull away from parental protectiveness.

As Tim Berryman said so eloquently in his speech, "We don't need to reflect for long to consider all the disasters that could befall our children in the park, travelling to school or going to the shops. (But) if we are aware of the cost of this fear, and instead keep it in check, we will help to nurture a more empowered child, laying out the ground for a more empowered adult."

Just as we want our children to be brave and face their fears, we too need to face down some of the unwarranted fears that we have for our children's safety. Navigating fear is a part of parenting just as it is part of growing up. It makes us feel uncomfortable. But when we face those fears, confidence and competence grows and anxiety dissipates. This principle is just as pertinent for parents as it is for our kids.

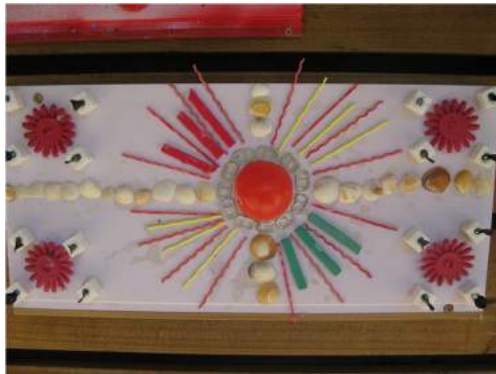


Michael Grose

Michael Grose, founder of Parenting Ideas, is one of Australia's leading parenting educators. He's the author of 10 books for parents including Thriving! and the best-selling Why First Borns Rule the World and Last Borns Want to Change It, and his latest release Spoonfed Generation: How to raise independent children.

Sustainable Living

Reusing products was the focus for the year sixes who planned, designed and created these amazing pieces of art work. Reusing is an essential aspect of a practicing Waste Wise school. Materials particularly clean plastic trays and ice cream containers are always welcome in the Art room so instead of throwing them into the bin, drop them off to the Art room.



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

Seasons for Growth Grief Program Learning to live with change and loss

Change and loss are issues that affect all of us at some stage in our lives. At Liwara Catholic School we recognise that when changes occur in families through death, separation, divorce or related circumstances, young people may benefit from learning how to manage these changes effectively. We are therefore again delighted to be offering a very successful education program called **Seasons for Growth which will commence in Term 3**. This program is facilitated in small groups and is based on research which highlights the importance of social support and the need to practise new skills to cope effectively with change and loss. The program focuses on issues such as self-esteem, managing feelings, problem-solving, decision-making, effective communication and support networks.

If you think your son or daughter would benefit from Seasons for Growth we would encourage you to talk to him/her about participating in the program.

Liwara Catholic School is pleased to be able to offer this important program and we are confident that it will be a valuable learning experience for those who request to be involved. To register your interest, please contact Jane Evans, School Social Worker via email at: jane.evans@cewa.edu.au

CANTEEN NEWS

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/>

CANTEEN ROSTER

9th March—23rd March

9th March Helen Holton

12 March

13 March

15th March Sharon Lund

16th March

19th March Rebecca Baker

20th March

22nd March

23rd March

HELP URGENTLY NEEDED

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

I really appreciate your help.

**Contact Helen:
9447 5133**



SERVICES AT LIWARA

UNIFORM SHOP

OSHC

THURSDAY
8.15am - 9.00am

Please direct all enquiries to
sales@jfe.net.au

Before & After School Care
Vacations Care
Contact Centre Supervisors

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



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

*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/>



Volunteers required

GENERAL SCHOOL NEWS

Certificates for Term 1 Week 3 16 February 2018

PPG Jessica Cunningham, Molly Buck
PPR Charlie Stuber, Aiden Schafer

1G Kynan Magorian, Lucy Harnett
1R Freddie Rogers, Sophia Harrell

2G Ryder Sanford, Ashley Fitt
2R Kai Rose, Amber Pinnington

3G Audrey Grant, Lily Fitzgerald
3R Lachlan O' Connor, Stella Williams, Luke Style

4G Amalia Sequiera, Taylor Beresford- Peirse, Harrison Gilford
4R George Hemmingway, Wyatt Giddens

5G On Camp
5R On Camp

6G Chloe Gunner, Maria Reyes
6R Chennoa Clifford, Campbell Herbert

Certificates for Term 1 Week 5 2 March 2018

PPG Darcy Anderson, Sophia Lucev
PPR Ellena Byrne

1G Samuel McCallum, Matilda Rogers
1R

2G Joshua Schafer, Keira McGee
2R Laila Parsons, Jack Casey Crowley

3G Ashleigh Thorsen, Mia Leather, Luke Rose
3R

4G Evie Gard, Jayln Klijn-Francesconi, Ali Muir
4R Seanna Ravi, Jake Lees

5G Lucas Harrell, Emma D'Agostino, Asha Healy
5R Thomas Staniforth, Dylan Towart, Sarah Thorsen, Brice Irvine.

6G Cooper Bishop, Marianne Firth, Elliott Giddens
6R



2018 COMMUNITY BUSINESS DIRECTORY

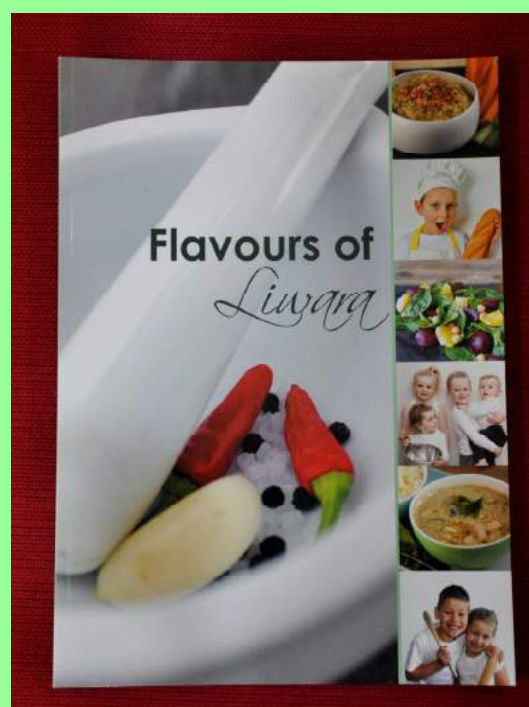
The School Community Business Directory is an avenue of support for families within the school. The details listed are not to be used for marketing/advertising purposes or for commercial mass distribution of material.

LiwaraPBD@gmail.com

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



LIWARA CATHOLIC PRIMARY SCHOOL COOKBOOK 2017



**Available for purchase in the
School front office \$25**

FAMILY MATTERS

P & F NOTICES
FROM THE PRESIDENT
P & F CONTACTS
NEXT MEETING
FACE BOOK

Next P & F Meeting
Monday 19th March
7pm
All New Members
Welcome

We would like to congratulate the new P&F Executive team for 2018 and welcome all new members who have joined this year.

We all look forward to an exciting year ahead.

President – Christel Magorian

Vice President – Sam Lane

Treasurer – Bronwyn Patience

Assistant Treasurer – Carresa Margorian

Secretary – Michelle Rocca

Assistant Secretary – Ally Mullane

As we are all overloaded with information these days, its been decided to combine the P&F Newsletter into the School newsletter, which is published fortnightly on even school term weeks.

We will continue to publish upcoming events in the School newsletter as well as any other news. Class contact events will no longer be included as these are best advertised directly from class coordinator via email or Class facebook pages. We will continue to advertise via Skoolbag and the Liwara P&F Facebook page, which we encourage you to join.

President

Christel Magorian

P&F Contacts

Secretary and general enquiries

liwarapf@gmail.com

President

liwarapfpresident@gmail.com

Vice President

liwarapfvice@gmail.com

Treasurer

liwarapftreasurer@gmail.com

The Liwara P & F is on Facebook

The Liwara P&F has a Secure Facebook Group for members of the Liwara community only. The Facebook Group is used for internal events and information for members of the school community. Applications must be made to the school to confirm eligibility of membership. Submit tear off slip below to the school office or email to liwarapf@gmail.com and search "Liwara P&F Association" to request membership or click link <https://www.facebook.com/groups/377178798959937/>

Membership will only be accepted once eligibility confirmed by the School Secretary. All members of the School Community wishing to be on Facebook must read the guidelines contained on the school website.

LIWARA P&F FACEBOOK GROUP APPLICATION

I _____ would like to request permission to join the Liwara P&F Association's Facebook Group Page.

I have read the Policy governing the use of this page and agree to adhere to all terms & conditions.

I understand that my eligibility to for this Facebook Group will cease once I no longer have a child enrolled at the school.

Name of youngest child and current year at school _____

Signature of applicant

Email Address

Eligibility confirmed by School Secretary Yes/No

Advertise your Second hand uniforms on the Liwara P&F Facebook page

facebook 

In your post please include photo, size, description of condition (good, ok or worn) and the price.

