



# LIWARA CATHOLIC PRIMARY SCHOOL

Newsletter No 4 22 March 2018

5 Tuart Road Greenwood

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## 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.

## FIFTH WEEK OF LENT

God of mercy, You wash away our sins in water,  
You give us a new birth in the Spirit,  
and redeem us in the blood of Christ.

As we celebrate Christ's resurrection,  
increase our awareness of these blessings,  
and renew Your gift of life within us.

We ask this through our Lord Jesus Christ,  
Your Son, who lives and reigns with You and the Holy Spirit,  
one God, for ever and ever. Amen.

**LENTEN FACT:** St Leonard Casanova (1676-1751) of Porto Maurizio, Italy, reportedly erected over 600 sets of the Stations of the Cross throughout Italy.

**LENTEN ACTION:** Surprise someone with an act of kindness.



## A MESSAGE FROM THE PRINCIPAL

Dear Families

As we are currently into the Fifth Week of Lent and moving swiftly towards Palm Sunday it is a good time to reflect on this special season in the Church year which lasts for forty days and leads us to Easter. Lent is a time of prayer. Lent is a time for reflecting on the way we live our lives. Lent is a time for examining our hearts and being willing to make changes by being better people. Below are some thoughts on Lent from Pope Francis:

### ***Are you thinking about fasting this Lent?***

- † Fast from hurting words and say kind words.
- † Fast from sadness and be filled with gratitude.
- † Fast from anger and be filled with patience.
- † Fast from pessimism and be filled with hope.
- † Fast from worries and trust in God.
- † Fast from complaints and contemplate simplicity.
- † Fast from pressures and be prayerful.
- † Fast from bitterness and fill your heart with joy.
- † Fast from selfishness and be compassionate to others.
- † Fast from grudges and be reconciled.
- † Fast from words and be silent so you can listen.

**STAFF CAR PARK—CARPARK #2:** When dropping or picking up your children from school during regular hours could all parents/carers please use the areas that are designated and designed for the safety of your children. Carpark #1 (bottom drive through & carpark), Carpark #3 (top drive through & carpark) & Carpark #4 (oval carpark). We have had a few extra cars driving in and out of the Staff Carpark & too many students wandering through which is a serious safety hazard). **Car Park #2— Is only for staff and visitor parking and not for student drop off or pick up.** The only parents who have access to this area are those who are dropping their children to **OSHC before 7.45am** and picking them up from **OSHC after 4.30pm**. I thank you for your support in keeping our children safe at all times.

**SCHOOL PHOTOS:** There has been plenty of added excitement around the school as we have had MSP Photographers on site taking our school photos. Thankyou to all families for ensuring the students have been in the correct uniform and beautifully presented for their photo 'shoots'. I look forward to seeing the creative flair that has surrounded some of the group photos this year as we work closely with MSP who always provide us with a quality photo package.

**THREE YEAR OLD PRE-KINDY PROGRAM:** We have had a few expressions of interests from current families and new community members about when we might be offering a second day, Friday, for the 3 Year Old Pre Kindy Program. If you are interested or know of someone in our School/Parish community, neighbours, family or friends, could you please ask them to contact the front office as soon as possible.

**ANGER & ERUPTIONS WITH DR VANESSA LAPOINTE:** Thank you to our P&F Committee for hosting the Maggie Dent supported, first Parent Seminar in Perth, by Dr Vanessa Lapointe, a parenting educator and registered psychologist and the author of *Discipline Without Damage*. In the presentation, Dr Vanessa spoke about children and anger in our children, as one of the emotions that often takes us by surprise and indeed provokes interesting responses out of parents. She spoke about 'Where does anger come from?' 'When is anger a problem?' 'What does anger have to do with brain development?' She stressed the need to understand anger and a child's needs when anger erupts out of them as it is central to ensuring that anger is actually a positive aspect of our children's growth rather than hurtful or damaging. She also shared with parents how to make sense of the emotional pathways in children that lead to angry explosions, and the importance for parents to land on responses that are calming and facilitative of brilliant growth for the developing brain. Dr Vanessa Lapointe is in Australia to present at the ***Raising Children Who Shine: Exploring Childhood From Toddlers to 10-year-olds*** conferences, hosted by Maggie Dent, and happening in Perth, Brisbane and Sydney in March 2018. Well done, Liwara P&F!

## PARENT-TEACHER INTERVIEWS

**Parent-teacher Interviews are a great way to find out about your child's progress at school. By going to parent-teacher interviews, you also show your interest in your child's learning and school life.**

Throughout your child's time in primary school, you'll be invited to attend parent-teacher interviews, twice a year. These are usually just short meetings – about 10 - 15 minutes—between you and your child's teacher or teachers. Every parent is invited to attend at least one interview a year. Being invited to a parent-teacher interview doesn't mean there's a problem with your child's progress.

Interviews might be held during school hours, before or after school, or in the evening. Your child will usually bring a note home that outlines the available times or the information is posted on the Skoolbag App. It's good to make a time when both parents can go along, if you can. If you can't manage any of the available times, you could email the teacher to arrange another time. It's important to be on time for parent-teacher interviews. But be aware that teachers might be running late because previous interviews have run over time.

Parent-teacher interviews give you a great opportunity to:

- ⇒ Learn more about your child's academic, emotional and social development
- ⇒ Meet and get to know your child's teachers
- ⇒ Help your child's teachers understand more about your child
- ⇒ Make plans with the teacher about how you can both support your child
- ⇒ Build a relationship with your child's school

If you don't have any particular concerns, you might wonder whether it's worth going to parent-teacher interviews. But going along is **one way to show your child that you're interested in his/her learning** and what's happening for them at school. Of course if you do have concerns, it's a chance for you to raise them with your child's teacher, if you haven't done that already.

To get the most out of parent-teacher interviews, it helps to be well prepared. Interviews for children at Liwara are usually held around the time school reports go home.

It's useful to have a few other questions in mind too. For example:

- ⇒ What are my child's strengths?
- ⇒ What does my child struggle with?
- ⇒ How much homework should my child be doing every night?
- ⇒ What can I do at home to help my child with schoolwork?
- ⇒ What can you tell me about my child's behaviour in class?
- ⇒ How is my child getting along with other students?
- ⇒ What support services are available for my child at this school?

If you don't get through everything you want to discuss, you might need to arrange another meeting with your child's teacher. Being open and friendly will set you up for positive communication with the teacher. You can show that you respect what the teacher is saying by listening carefully and trying not to become too defensive, even if you disagree with the feedback.

It's important to get as much out of the meeting as you can, so it's OK to be direct when you need to be. For example, ask the teacher to explain, clarify or expand on a point if you don't understand or fully grasp what's being said.

**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.

God bless  
Andrea Millar

## FROM THE ASSISTANT PRINCIPALS

### Lenten Paraliturgies

Each morning of next week, classes will be conducting reflections on the events of Holy Week.

- PP & Year 1 - Palm Sunday on Monday 26th March
- Year 2 & 3 - Holy Thursday on Tuesday 27th March
- Years 4 & 5 - Good Friday on Wednesday 28th March
- Year 6 - Easter Sunday on Thursday 29th March



These reflections will take place in the Ahern Centre at 8.50am to the calling of a beating drum. All are welcome to attend all reflections.

### Reconciliation Retreat

On Thursday 5 April, all our Year 3 students will be attending a Retreat at the Redemptorist Monastery in North Perth as part of their preparation for the Sacrament of Reconciliation. We all wish them well in this significant step of their preparation for receiving the Sacrament on Saturday 7 April.

### Project Compassion Boxes

A reminder to all families that the Lenten Project Compassion Boxes that were distributed earlier in the term are due for return after the Easter break. Could you please return them to the school via your child's class teacher. Your donations are truly appreciated by Caritas who ensure that the money raised reaches those in need.

# insights



## Understanding your child's anxious behaviour using the ABC method

by Dr Jodi Richardson

*When our children are suffering they turn to us for help. Never is this more true than when they're experiencing anxiety. The experience of it is awful and they want it stopped. Now. That's all we want too: to put an end to their fear, dread and worry. To help them feel calm, happy and playful again. But the contagious nature of anxiety means that while, as parents, we're helping our children in the midst of their turmoil, we can also struggle with anxiety of our own. All those stories begin to swirl around in our minds leaving us worrying about what it all means for our child's future happiness.*

The more you understand about the events that trigger anxiety in your child and the way he or she behaves when feeling anxious, the better equipped you'll be to respond in a truly helpful way.

### The fight, flight, freeze or freak out response

It's important to remember that all of our kids will experience anxiety at some time or another. It's a natural and protective reaction to the anticipation of danger or discomfort, a deeply ingrained instinctive response that gears people up, big and small, to **fight** for their life, or run for it (**flight**). As well as the 'fight or flight' response, it's also been called the 'fight, flight, freeze or freak out' response. No argument there!

In the majority of cases where kids experience anxiety (which may even be trepidation or nervousness) – such as when faced with a maths test or a presentation in front of the class – when the 'danger' passes the anxiety passes too.

However there are kids who experience debilitating anxiety on a more regular basis: anxiety that interferes with their ability to function, participate in life and enjoy being a kid. In these cases it's important to develop a deeper understanding of the events that happen before and after the anxiety is displayed. The ABC anxiety technique is an invaluable tool used by psychologists when looking at behaviour patterns.

You can use it too.

### The ABC technique

Anxiety can be thought of as a sequence of events, beginning with a triggering event that is called the **Activator**. The Activator is present before your child becomes anxious and fearful. It isn't always one thing but can be a set of circumstances or factors like tiredness and hunger. Children won't always be aware of what's triggered their anxiety but as you begin to note down the ABC's, you'll establish some patterns that will help you both.



The activator triggers your child's anxious Behaviour. Now's about the time you might form a picture in your mind of what you witness when your little one is anxious. You'll see a whole bunch of behaviours including avoidance, anger, fear and distress, but what you won't necessarily see are the 'private' behaviours of your child such as their thoughts and feelings. Understanding these is really insightful.

Lastly, your little one's anxiety will naturally bring about a reaction from others. This can be from you, other family members, your child's friends and/or their teacher, depending on where they are. These reactions are the last part of your new tool, termed Consequences. Understanding what happens in response to your child's anxiety is important, again, for understanding patterns that have built up over time.

Start by creating a table (anyway you like) similar to the one below but include more rows in yours.

Find a quiet few minutes and begin by thinking about what happens when your child becomes anxious. Describe anxious behaviours in detail in the middle column. These could be the things you witness such as crying, pacing, avoidance, clinging, etc. plus any thoughts or feelings your child has shared with you.

Let's say for example that thunderstorms trigger anxiety in your child. Their behaviour might include fear, crying, an upset tummy and hiding away from the noise. Find a quiet few minutes and begin by thinking about what happens when your child becomes anxious. Describe anxious behaviours in detail in the middle column. These could be the things you witness such as crying, pacing, avoidance, clinging, etc. plus any thoughts or feelings your child has shared with you.

At first glance the activator might seem obvious: thunder and lightning in this example. But perhaps the anxiety is triggered earlier than that. Could it begin with overhearing the storm forecast on the news or the heavy rain preceding the storm? Finally, the Consequences column is to note what happens immediately after the anxious behaviour. What happens, and how everyone feels.

Go through this same process with the other anxious behaviours you listed. There are some examples on the following page.

The ABC exercise enables you to contemplate your child's anxious behaviours and the circumstances around them including, importantly, when you're not actually in the thick of it. My guess is that you're already pretty clear about the behaviours, but after doing this exercise you'll be armed with details of the triggers (Activators) and outcomes (Consequences) as well. Combined, this understanding will give you insights into how anxiety unfolds for your child, an opportunity to reflect on your own responses to anxious behaviour, and where there might be opportunities for helpful change.



If at any time you're at all concerned about your little one, please consult with your GP to seek advice and reassurance.

## Example ABC table and anxious behaviours

Activators	Behaviours	Consequences
Thunderstorm forecast	Upset tummy, cries and hides in bedroom, won't get ready for school	Repeated reassurance, gently encouraging to get uniform on and have breakfast. Only makes things worse. Late for school, again. Feeling frustrated.
Teacher announces upcoming test	Irritable, keeps repeating "I'm going to fail", headache	Suggested making a plan to prepare for test, rejected. Consoling with arm around her telling her it's going to be okay. Both feeling really upset.



### Dr Jodi Richardson

*Jodi is a happiness and wellbeing speaker and writer, and is mum to two primary school aged kids who light her up. For more great ideas on flourishing mental health for the whole family, subscribe to her newsletter at [drjodirichardson.com.au](http://drjodirichardson.com.au) and say hello on [facebook.com/DrJodiRichardson](https://facebook.com/DrJodiRichardson). Enquiries to [jodi@drjodirichardson.com.au](mailto:jodi@drjodirichardson.com.au)*



## 2018 IMPORTANT DATES



MONDAY 5 MARCH - LABOUR DAY  
FRIDAY 30 MARCH—GOOD FRIDAY  
MONDAY 2 APRIL - EASTER MONDAY  
TUESDAY 3 APRIL - EASTER TUESDAY  
MONDAY 30 APRIL - PUPIL FREE DAY  
FRIDAY 1 JUNE - LIWARA STAFF CATHOLIC DAY  
MONDAY 4 JUNE—WA DAY  
FRIDAY 29 JUNE - PUPIL FREE DAY  
MONDAY 16 JULY - PUPIL FREE DAY  
MONDAY 8 OCTOBER—PUPIL FREE DAY

### 2018 DATES FOR STUDENTS

Term 1 - Wednesday 31 January	-	Friday 13 April
Term 2 - Tuesday 1 May	-	Thursday 28 June
Term 3 - Tuesday 17 July	-	Friday 21 September
Term 4 - Tuesday 9 Oct	-	Friday 7 December



21 March is *Harmony Day* but *this year* as a school we will celebrate it on **Thursday 29 March**, due to the School Photo schedule.

Our diversity makes Australia a great place to live. Harmony Day is a celebration of our cultural diversity – a day of cultural respect for everyone who calls Australia home.

Held every year on 21 March. The Day coincides with the United Nations International Day for the Elimination of Racial Discrimination.

The message of Harmony Day is '**everyone belongs**', the Day aims to engage people to participate in their community, respect cultural and religious diversity and foster sense of belonging for everyone.

Orange is the colour chosen to represent Harmony Day. Traditionally, orange signifies social communication and meaningful conversations. It also relates to the freedom of ideas and encouragement of mutual respect.

Students can choose to wear an orange accessory or crazy coloured socks on Thursday 29<sup>th</sup> March to show their support for cultural diversity and an inclusive Australia.



A week ago, PPG opened its Wellness Centre, and this proved a hit with the children. They were able to book in to get their hair and nails done, do some yoga, fit in a massage and even do some meditation.





# Sustainable Living

## ***TARGETING FOOD WASTE***

Untouched sandwiches, uneaten bananas, unopened muesli bars and full juice boxes, are items we are commonly finding in our bins. The photo below depicts the uneaten whole food items found daily in our bins.

In an effort for us as a community we need to combat food waste and prevent sandwiches, fruit and other foods ending up in our bins. We have bins for scraps, but our aim is not for children to be wasting perfectly good food, we encourage them to take home these items.

### ***Tips for reducing lunchbox waste***

Discuss with your child what they like to eat for lunch and how much. It's not uncommon for lunch boxes to be packed with too much food which ultimately ends up in the bin. Involving children in making their lunch can result in food choices that are more likely to get eaten.

This is not only a waste, but it is costing you a lot of money!



# Social Work Corner



## FROM THE SOCIAL WORK CORNER

### MAN ENOUGH MOVEMENT

**Happiness Co is proud to present *Man Enough***, the first movement of it's kind. *Man Enough* is comprised of three aspects: a social movement, live events (keynote addresses and workshops) and online personal challenges, that encourage men to engage in awareness exercise and develop tools that will help them through **life's challenges**.

*Man Enough* has created a real, relatable environment for men and it's making a HUGE DIFFERENCE. Our *Man Enough* Movement is all about the real life problems and concerns that everyday men face.

*Man Enough* will create a new awareness of what **a real man 'looks like'**. It is about men understanding the true strength in vulnerability. Being 'man enough' is being able to be open, to be vulnerable, to share, to cry and to seek help.

This Gala Cocktail event is the official launch to Happiness Co's year long *Man Enough* Movement that will, not only change so many men's lives, **but save them**.

All proceeds from the night will be going directly into the *Man Enough* Movement to **increase the number of lives changed and ultimately saved**.

For more information use this link : <https://happinessco.org/man-enough>

# 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

**22 March — 13 April**

*22nd March - Mary Flack*

*23rd March - Mary Flack*

*6 April - Helen Holton*

*9 April - Rebekah Baker*

*10 April - Nicole Harrell*

*13 April - Mary Flack*

## **HELP IS URGENTLY NEEDED**

*in the Canteen, if you have any spare time  
please put your name down to assist.*

*I really appreciate your help.*

**Contact Helen:  
9447 5133**





## 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**



### ABSENTEE LINE

### CANTEEN

**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.*

*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 5

PPG James Leather, Poppy Roscoe  
PPR Kair Serrano, James McVay, Evie Bright

1G Holly Murray, Jai Thorpe  
1R Harriet Barker, Daniel Kirby

2G Alexander Grieve, Stephanie Brennan  
2R Niamh McSweeney, Ryder Angell

3G Campbell Bishop, Grace Candeias  
3R Riley O'Hehir, Max Cunningham

4G Oliver Clark, Claire McCallum  
4R Zadie Torkington

5G Jake Host, Sophie Barker, Mollie Wilson  
5R Julian Candieas, Lucy Moala, Phoebe Gunner

6G No awards - on camp  
6R No awards - on camp

## ACADEMIC ALL STARS

On Tuesday 20 March the Year 5 GATE class attended the Academic All stars Competition.

The event involved students from 8 schools competing in various categories such as Art, Poetry, Games of Strategy and Drama.

Although we did not win any categories students challenged themselves and worked well in their various teams.



## 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 7 May**  
**7pm**  
**All New Members**  
**Welcome**

**P&F Contacts**  
**Secretary and general enquiries**  
*liwarapf@gmail.com*  
**President**  
*liwarapfpresident@gmail.com*  
**Vice President**  
*liwarapfvice@gmail.com*  
**Treasurer**  
*liwarapftreasurer@gmail.com*

## EASTER RAFFLE

A reminder that all donations and raffle tickets need to be returned to school by Friday, 23 March 2018



## 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](mailto: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 you post please include photo, size, description of condition (good, ok or worn) and the price.

