



LIWARA CATHOLIC PRIMARY SCHOOL

Newsletter No 12 10 August 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.

*God of hospitality open our hearts to the abundance of your love.
May we like Mary MacKillop trust in your loving care for us in
all the situations of our lives.*

May we share this love in our wounded world.

St Mary of the Cross, open to God's presence, pray for us.

AMEN

A MESSAGE FROM THE PRINCIPAL

Dear Families,

It was a proud moment for Liwara Catholic Primary School on Wednesday morning, when Mrs Renee Haynes & Mrs Victoria Walker accepted the prize for their LEAD Award for Excellence from the Honourable Suzanne Ellery MLC Minister for Education and Training at the annual Catholic Schools' Staff Breakfast. Mrs Renee Haynes and Mrs Victoria Walker were instrumental in designing and creating the garden with the support of Mrs Jacqui Chivell.



SCHOOL CYCLIC REVIEW (SCR) CONGRATULATIONS! The School Cyclic Review process is now complete and the panel were extremely impressed with the level of *Whole School Improvement* they witnessed in the school, via information they were told about during the 'Targeted Conversations' and from tracking the NAPLAN data from the Appraise portal since 2014. They were absolutely amazed with the strength of collegiality of staff and the consistency of message from all the many groups they met with last week. They were inspired by the dedication and belief all staff shared around improving the students' outcomes through self accountability and innovative ideas, which is shaping the school improvement model at Liwara. I would like to thank you each and every one of our staff members, for everything they do for our beautiful students!

FATHERS' DAY BREAKFAST

The annual Liwara Fathers' Day Breakfast is to be held this year on Friday 31 August from 7.30am. Further details will be sent out in the near future.

KINDY 2020 ENROLMENT INTERVIEWS

Interviews for **Kindy 2020** commenced at the beginning of week 5. If you know of any families who fall into this category please inform them of the importance of contacting the office immediately for enrolment forms. Wishing you God's blessings.

Andrea Millar
Principal

A MESSAGE FROM THE ASSISTANT PRINCIPALS

YEAR 5 SPELD FOUNDATION FUNDRAISER

Congratulations to the small group of Year 5 students who initiated the SPELD Foundation Cupcake fundraiser last week. By rallying the families of their Year 5 classmates to make cupcakes and the likes, they were able to raise over \$580. Well done to the Year 5s and a sincere thank you to all the families who contributed to the cause through their time and donations.

CONFIRMATION WORKSHOPS

The Confirmation Workshops are being held in the Ahern Centre on Tuesday 14th and Thursday 16th August commencing at 6pm. All Year 6 students who are receiving the Sacrament of Confirmation later this term are expected to attend one of these workshops with a parent/guardian.

FEAST OF THE ASSUMPTION MASS - WEDNESDAY AUGUST 15

There will be a whole school Mass at 9am in the All Saints Parish Church to celebrate the Feast of Our Lady's Assumption. Everyone is welcome to attend this Holy Day of Obligation Mass.



One Big Voice is Australia's largest children's choir, and we are taking part at the Perth Arena on the 17th of August!

The Senior Choir have been working very hard preparing for our One Big Voice Concert on Friday EVENING in Week 5 this Term. We invite the Liwara community to come to this spectacular event. Tickets are selling fast so check it out on Ticketek now! If they sell out, the very top seating will be opened to the public.

Pre concert entertainment 6:00pm
Concert commences 6:45pm

Adult tickets- \$37 per ticket
Premium tickets @ \$50 per ticket (these are the front 2 rows of each choir)
4 Ticket Family Option @ \$115.
Go online or phone Ticketek group phone line 1300 364 001.

Please make sure you check the seating plan in the office and select the Beethoven section to see the Liwara Senior Choir sing their hearts out.

Thank you, Miss Bryce.



CONGRATULATIONS TO OLIVER.

Oliver was a self-nomination in the 2018 Champion Schools Cross Country that was held on Friday, August 10 at 10.30 am. He competed with 324 other Year 4 students from across the state. He finished 15th which earned him a spot to try out for the WA State team in May 2019 (top 20 automatically receive the letter of acceptance). If he is successful there, he will go on to compete at the School Sport Australia National Cross Country Championships which will be held in New South

PERFORMING ARTS FESTIVAL

Congratulations to
Jalyn Klijn-Francesconi on
receiving an **Excellence Award** in the
Primary Piano Performance



Sustainable Living

COMPOSTING

With the plastic ban in place and so many households using the bags as bin liners, now is the perfect time to consider composting. It can be as simple or as complicated as you like depending on your commitment and time. It's a great way to involve the kids when preparing vegetables for dinner and then adding the veggies to the compost. <http://www.foodwise.com.au/our-beginners-guide-to-composting/>



Library News



Let's Celebrate Children's Book Week Book Week Parade Thursday August 23, 2018 @ 8.50am in the Ahern Centre.

Children are now being encouraged to return their books to the library before school on their library day. Books returned before school can then be scanned and returned to shelves before classes begin. The library is open from 8.15am each morning. The children who do return their books before school are given a raffle ticket and go in the draw for a weekly prize. It was so pleasing that approximately 180 children returned books before school last week.

A HUGE thank you to all the hardworking and dedicated mums who help out in the library on Friday morning. As the saying goes Many hands Make Light Work and all the help received is so very much appreciated.

NAIDOC WEEK CELEBRATIONS – *Because of her we can!*

Our school community celebrated NAIDOC Week the first week back of term 3 on Thursday July 19th and Friday July 20th. Children and staff enjoyed whole school, class and buddy activities. The activities were planned to highlight, preserve and celebrate the richness of the Indigenous culture.

Activities included listening to and experiencing dreamtime stories, barrier games, story stones with sand from the Gascoyne region, dot paintings, google doodles, buddy boom-erang activity and much, much more.



Social Work Corner

Well it's a busy term for everyone and for me Friendology is keeping things busy. I have finished Friendology with the Year 4 classes and started with the Year 3 group.

I do hope your children are talking with you about the program and what they have learnt/are learning along our journey together.

I would like to strongly encourage parents to consider attending a Parent/Child workshop about Friendology that are run throughout the year, but especially think about attending one in September, when the Director of Friendology/URSTRONG herself, Mrs Dana Kerford will be in Perth.

There are two Language of Friendology Parent-Child Workshops being held at St Michael's School in Bassendean on the 11th September and two on the 12th September at Davallia Primary School. More information and registration can be found at www.urstrong.com

Look under "Events" and filter for Perth, WA events. If you want to have to opportunity to see the maker of Friendology in action, with her amazing drive, enthusiasm and commitment to supporting children's wellbeing, then this is an opportunity not to be missed.

Please let me know if you go along and give me feedback as to the experience!

NEW RESOURCE

Parents often contact me for advice on parenting issues, dealing with their children's behaviour, sleep issues, school/friendship issues – you name it!

I recently became aware of this fantastic resource for parents that I just have to share with you all!
ParentTV – www.parenttv.com

Is an online resource for parents comprised of a team of experts in areas of health, technology, behaviour and everything in between. The team includes well known experts including Dr Justin Coulson, Maggie Dent and Dr Kristy Goodwin to name just a few.

Currently for only \$29 for a year's subscription, (normally \$120) you get videos and expert advice tailored to suit you and your family.

For less than a family take away, this has to be the best investment of @29 I can think of.

Let me know what you think if you decide to utilise this excellent resource. I'd love to hear your feedback.

With Kind Regards

Jane Evans – School Social Worker Jane.evans@cewa.edu.au

Five forgotten skill sets that contribute to student success

by Michael Grose

At a time when we hear a great deal about growth mindsets, good mental health habits and creating digitally savvy students, we can easily overlook the skill sets that form the building blocks of long-term school success.

These are skill sets that are also easily forgotten when we narrow our focus onto numeracy, literacy, performing arts, STEM and other academic areas.

While all these other mental skills and academic areas are important, the skills I want to focus on here are ones that can be taught, or at the very least drawn out, alongside every other skill when we as parents and teachers know what to look for.

Following are five skill sets that contribute massively to overall student success and contentedness at school.

1. Friendship skills

The ability to get along with others is hugely important for children and teenagers. Those students with a strong set of friendship skills are easy to like, easy to relate to and easy to play with. The skills they possess include knowing how to win and lose well, how to approach others to join in a group and how to lead rather than boss.

2. Organisational skills

The ability to organise your time, your space, your items and other aspects of your life is a massive plus for any student. The best way to help children who are organisationally challenged is to introduce them to systems and processes to help them organise themselves. These processes include the use of visual reminders, anchoring (i.e. linking new behaviours to habitual behaviours) and the mapping out of activities.

3. Optimism skills

It may seem strange to see optimism as skill set, but as leading psychologist Professor Martin Seligman discovered through his research, optimism can be taught. Seligman found that while some children are more inclined by nature to see a glass as half empty than half full, all children are capable of developing an optimistic explanatory style through exposure and direct teaching. The skills of optimism include being aware of self-talk, reframing negative events into positive events and the practice of perspective-taking.

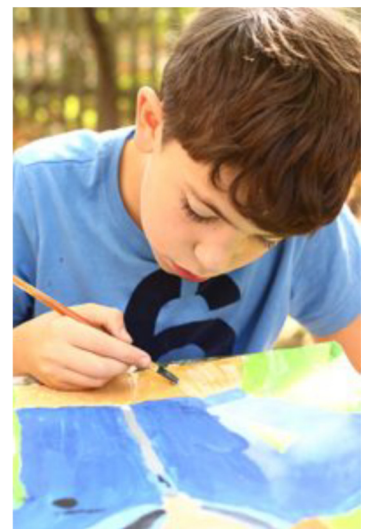
4. Coping skills

Kids will generally face a number of challenges during the course of their school lives including overcoming the disappointment of not being picked on a team, working their way through difficult learning situations and dealing with rejection. The impact of these challenges will depend on each kid's own spirit, the support they receive and their coping skills. The good news is that coping skills can be taught or, at the very least, encouraged if adults know what to focus on. Coping strategies include parking problems for a while, normalising difficult situations and accepting and moving on. Some kids will use coping strategies quite naturally, while others need parental and teacher input to help them cope with even seemingly minor challenges.

5. Relaxation skills

The ability to relax and get away from it all is vital for the maintenance of mental health, which in turn affects a student's ability to perform. Many of today's kids live with pressure. That pressure needs to be released through relaxation and play, otherwise it can lead to anxiety and other mental illnesses. The ability to relax and unwind is paramount to your child's school success. Relaxation techniques include mindfulness and meditation, participating in hobbies and enjoying creative pursuits.

These skills are part developmental and part environmental. That is, kids will naturally develop many of them as they mature but the skills also need to be nurtured environmentally. They need to be recognised, encouraged, taught and modelled by adults who children and teenagers respect and admire. That makes parents and teachers 'Very Important People' in the process of acquiring them.



CANTEEN NEWS

Thanks to the volunteers that have been in to help, It's great to see lots of new people helping out. Your generous help enables the canteen to provide the items that we produce daily.

MENU ITEMS

During these colder/wet days there is a lots of food at recess to help warm "little" tummies..

A variety of food is available for recess like Pizza slices, Cheesies, cheese spuds, chicken bites, oat biscuits, chocolate muffins also cold food like fruit, custard + fruit cups, milk and milo drinks.

*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.*

Please take the time to look at the Quick Click menu - <https://quickcliq.com.au/>

CANTEEN ROSTER

10 August - 24 August

10 August - Angie Byrne, Helen Belini (2 Red)

13 August—*Help Needed 3 Red*

14 August - Mandy Kerridge (2Red)

16 August - Sharon Lund

17 August - *Help Needed 3 Red*

20 August - Shannon Talbot 4 Red

21 August *Help Needed 4 Red*

23 August *Help Needed 4 Red*

24 August *Help Needed 4 Red*

HELP URGENTLY NEEDED

Contact Canteen: 9447 5133



SERVICES AT LIWARA

UNIFORM SHOP

OSHC

THURSDAY
8.15am - 9.00am

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

3 Year Old Pre Kindy - Year 6
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

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.*

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

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



*Volunteers always welcome
Just pop in and see Helen*

GENERAL SCHOOL NEWS

CERTIFICATES TERM 3 WEEK 2

PPG Noah Allsworth, Aidan Burns, Oliver Davini
PPR Kira Howlett

1G Christian Condelli
1R Ayaan Jince, Lily Falkingham

2G Aiden Nelligan, Ruby Deurloo
2R Lily Hales, Isaac Canzuro, Ella White

3G Elijah Lopresti, Oscar Falkingham, James Klijn-Francesconi
3R Selena Caloiero, Mirella Bastian

4G Jaime Sadlo, Joshua Ndirangu, Emily White
4R Emaleah Burns, Noah Hay, Wyatt Giddens

5G Jack Lee, Sienna Mullane
5R Riley Hay, Lucas West, Jada Trichilo, Aiden Greenhalgh

6G Yoshabel Sequeira, Shaun Anderson
6R Rebecca Irvine, Niamh Kimberley, Brodie Duguid

Parents have you filled in
an application for your
child?

Kindy 2019
Kindy 2020

Pre Kindy 2018
Pre Kindy 2019
Pre Kindy 2020



2018 / 2019 COMMUNITY BUSINESS DIRECTORY

The Liwara 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

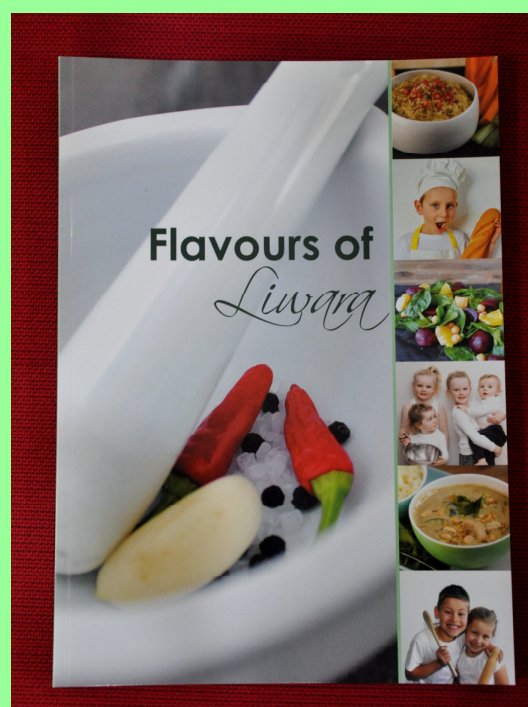
LiwaraPBD@gmail.com

<http://www.liwara.wa.edu.au/wp-content/uploads/The-Community-Business-Directory.pdf>

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www.liwara.wa.edu.au



LIWARA CATHOLIC PRIMARY SCHOOL COOKBOOK 2018



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

