



# LIWARA CATHOLIC PRIMARY SCHOOL

Newsletter No 16 18 October 2018

5 Tuart Road Greenwood

08 9448 3811

## A MESSAGE FROM THE PRINCIPAL

Dear Families

You will most probably be reading this after an exhilarating and exhausting evening at the Liwara School Fair. There has been an enormous amount of preparation going on behind the scenes, leading up to the big event and I would like to thank all our amazing community members who have once again been so generous with their time, donations, energy and enthusiasm. A very special thank you to our Fair Committee and the teams of diligent workers, the stall coordinators, money counters, chefs, the school staff, the set up and set down crews and the dozens of other helpers. So many hours of pre-fair preparation have already been invested in, by parents, to provide a large range of activities, stalls brimming with produce, exotic plants, white elephant items, gourmet food delights, bar providing craft beers, wine, soft drinks and mixers, games and so much more. The Fair is a true reflection of the *'strength of our community'* and it is a reflection of the endearing community spirit that permeates Liwara. I look forward to catching up with families, present and past, extended family members, friends & neighbours of current families and people from the wider community who come along to enjoy the amazing Liwara Fair!

**ALL SAINTS CELEBRATION** Congratulations to all our students for their participation in the All Saints Feast Day Mass and celebrations on Thursday 1 November. Fr Elver's words to the students after Mass was very affirming and gracious, thanking them for their impeccable behaviour and angelic singing voices. Our students spent the morning out on the oval in two sessions, involved in fun and creative All Saints Day activities. The games were organised by the innovative All Saints Staff Team who had a lot of fun themselves preparing some of the 'interesting' props that added to the fun and frolics!

**VOLUNTEERS' THANK YOU MORNING TEA** We hosted a thank you morning tea for all our parent classroom helpers directly after Mass on Thursday. I would like to extend my deep gratitude, on behalf of the classroom teachers and education staff, to all our classroom volunteers for the time they devote to assisting in many capacities to enhance our students' learning, whether it be in classrooms, library, Support A Reader, Toe By Toe as well as other opportunities. Your generosity is greatly appreciated and we would be lost without you!

**TIMELINE BELOW FOR THE TRANSITIONING INTO THE NEW SCHOOL UNIFORM**  
Thank you for your support with abiding to this timeline.

NEW SCHOOL UNIFORM IMPLEMENTATION	YEAR LEVELS
End of 2016	<b>All Pre Primary students to purchase the full new uniform for entry into Year 1 in 2017.</b> NB If students in Year 1 & 2 have outgrown their existing uniforms, parents will be able to purchase the new uniform for these students.
2017	<b>Year 1 students to be in the full new uniform.</b> During 2017 if students in Year 2 & 3 outgrow their existing uniforms, parents to purchase the new uniform . <b>NB Students entering Years 4, 5 &amp; 6 in 2017 can remain in the current uniform till they exit the school.</b>
2018	<b>Year 1 &amp; Year 2 students to be in the full new uniform.</b> During 2018 if students in Year 3 & 4 outgrow their existing uniforms, parents to purchase the new uniform for these students.
2019	<b>All Year 1,2, 3, 4 &amp; 5 students to be in the full new uniform.</b> The new uniform will be available for all students. NB Students in Year 6 (Yr 4 2017) continue to wear the old uniform.

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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.

# A MESSAGE FROM THE ASSISTANT PRINCIPALS

## BOOKLISTS 2019

Booklists for students in Years 3, 4, 5 and 6 in 2019 were sent home this week. For 2019 our supplier will be Ziggies Educational. BY ORDERING ONLINE, YOU GO INTO THE DRAW TO WIN 1 OF 10 \$200 PRE-PAID VISA CARDS (VALID FOR ONLINE ORDERS PLACED BY THE 16TH DECEMBER 2018). All instructions are on the front cover of the Booklist Form.

## WHOLE SCHOOL PRAYER

The Year 3 classes will be leading the Whole School Prayer in the Church this Monday 5th November commencing at 2.40pm. All are welcome to attend.

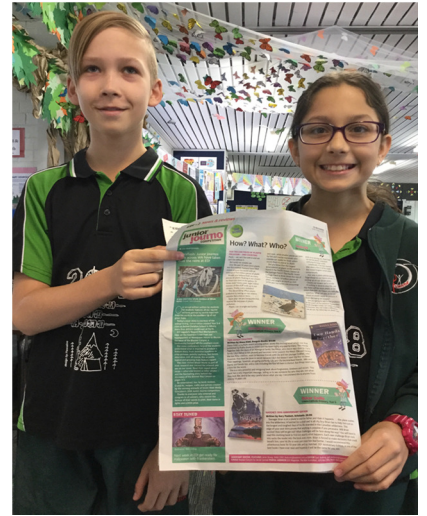
## ASSEMBLIES

There is an Instrumental Music Performance on this Friday 2 November commencing at 2.20pm in the Ahern Centre, where some of our budding musicians will perform. The last Certificate Assembly for the year will be held on Friday 9 November in the Ahern Centre commencing at 2.20pm

## JUNIOR JOURNO COMPETITION

Georgia D'Souza (6G) and Oskar Sadlo (6R) recently entered a competition, run by The West Australian newspaper, called The Buzz. They were required to review a book they had read and present their thoughts in an engaging way. They were the recipients of a cash prize and were published in the ED section of the newspaper.

Congratulations Georgia and Oskar.



# Sustainable Living



A healthy zero waste lunch does not contain throwaway packaging or produce food waste. It also reduces litter because there is less packaging. The typical healthy zero waste lunch is packed in a lunch box or bag. The food is put in reusable containers rather than wrapped in disposable packaging, a drink is in a refillable bottle and all containers are resealable so that leftover food and drink can be saved for later.

A reminder to our school community of our commitment to being a 'Wrapper Free' school.

To continue this foci and healthy eating, until the end of term all year levels will be examining what's inside their lunch box and asking, 'Is it wrapper free?'. Items with wrappers will be counted and tallied each week with the aim of reducing wrapped food items where possible.

At the end results will be compared and one class will be declared winners.

# Yr 4 Class News

This year, in Year 4, we have been using 'Talk for Writing' to innovate and create writing samples. We have used this model to write excellent recounts, narratives, procedures and explanations! Throughout term 4 we have been writing persuasive arguments about why you should visit 'Incredible India'. Below are pictures of our story mapping!

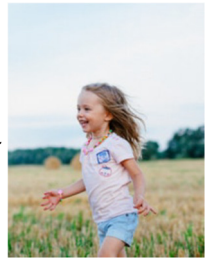




## Exposing kids to challenges helps prevent anxiety in later life

by Michael Grose

*Two important Australian studies released recently support what teachers and mental health experts have been saying for some time: that exposing kids to safe challenges in childhood promotes resilience and better mental health in later life.*



The results of a study into children's wellbeing by mental health organisation beyondblue found young people who were able to talk about their emotions and who were exposed to failure and loss at a young age are better equipped to deal with a variety of challenges as they grow. Similarly, findings of a Macquarie University long-term study into children's mental health found that children who were exposed to safe risks were happier, less anxious and more able to handle every day problems such as rejection, teasing and failure.

Both studies point to the need for children to experience failure, to be involved in play with peers and to be encouraged to face their fears rather than avoid them. With one in six Australian children and teenagers experiencing anxiety on a regular basis it's essential that kids of all ages are provided with the skills and experiences they need to develop mental resilience. Let's kick off this process with the following five strategies:

### 1. Encourage kids to spend more time with other children

When children spend more time among themselves they rely less on adults to solve problems for them. In fact, when kids play among themselves they take on the authority of adults in their absence. They negotiate about what and how to play. They will often make up the rules of their games, modifying them as they go along and challenging other children's interpretations. "You're not playing by the rules" is a common childhood retort, but the important thing to remember is that, left to their own devices, kids will generally resolve such conflict situations more creatively and with more finality than if adults become involved.

### 2. Help children be good losers and gracious winners

In recent years there's been an aversion to exposing kids to losing, particularly when it comes to the sporting field. Some codes, in an effort to improve the participatory experience for kids, don't keep scores and give prizes for participation rather than achievement. However, these practices prevent kids from experiencing both the resilience-building disappointment that comes with a loss and the confidence-building satisfaction that comes from winning. More significantly, they prevent kids from refining the art of being good losers and gracious winners, both important skills to learn for future development.

### 3. Encourage kids to talk about emotions and feelings

It's important that children become comfortable with unpleasant feelings such as disappointment, fear and nervousness rather than be debilitated by them. We need to allow children to experience events that lead to unpleasant emotions. We also need to feel comfortable ourselves with our children's unpleasant feelings. Enabling children to verbalise their unpleasant feelings helps them process and make sense of their emotions. Healthy families and safe classrooms work on the principal that there's nothing so bad that we can't talk about it in the right way, but that there are behaviours we won't tolerate.



### 4. Model calm and rational thinking

High emotions are very contagious. When a child is angry, fearful or upset we can easily feel the same way. It's vital that we manage the ways that we react to our child's emotions so that we can provide an effective, empathetic response. The best way to manage our own reactivity when kids are upset is through breathing. Taking a breath gives us a moment to regain control and remain calm. We can then ask questions and logically think our way through the situation rather than catastrophising and letting our thoughts run amok. Adults who model calm, thoughtful behaviours in the face of stress show children and teenagers how to respond in safe, effective ways to stressful situations rather than reacting at an emotional level.

### 5. Encourage children to become independent problem solvers

When adults solve problems for children and young people, we not only increase their dependency on us but we teach them to be afraid of making mistakes and to blame themselves for not being good enough. That's fertile ground for anxiety and depressive illness. When your child brings a routine problem to you and expects you to solve it (such as leaving lunch at home or sorting out a friendship dispute), step back and invite them to resolve the problem for themselves instead. We don't want to deter kids from coming to us for advice when they have a difficulty, but we do want to encourage them and teach them to work through their concerns themselves.

Stepping back and allowing children and teenagers to experience many of life's challenges, whether social, academic or physical, can be a difficult thing to do for well-meaning adults. However, part of growing up means that children and young people need to develop the skills and aptitude they will need to manage a range of challenging situations well after they have left the safe confines of school and family. As the research is telling us, the best way for them to do this is to allow our kids to navigate their challenges by themselves, surrounded by supportive, rather than over-protective, adults.

### 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 bestselling *Why First Borns Rule the World* and *Last Borns Want to Change It*, and his latest release *Spoonfed Generation: How to raise independent children*.

# ALL SAINTS PARISH SOCIAL EVENING PARISH DANCE



All Saints Parish Social Evening will be held next  
Saturday 10<sup>th</sup> November 2018 from 7.30 – 11.30pm.  
Tickets are available for sale after all Masses on the veranda  
for \$20 a head.  
Please come along and make up a table of 10.  
BYO Food/Drink and glasses.

## ALL SAINTS PARISH PLAYGROUP

*Recruiting new members for 2019!*

The Parish Playgroup are calling for any families with young children ages 0-5 to come and meet other members from the Liwara and wider Parish community next year.



The playgroup meet every **Friday** morning during **school term** in the Parish meeting room.

Time- 9:00-10:30am

Cost per family, per term- \$25

***This includes activities for the children, an excursion each term and tea & coffee for parents.***

There is a roster for a family to bring Morning Tea each week.

Playgroup is a perfect play-date for

Pre-Kindy and Kindy children, as well as younger babies and toddlers.

If you, or anyone you know who may be interested in joining the playgroup for 2019, please contact the **Parish Office** on **9447 6225**, or come to the Parish room on Friday mornings and we can sign you up.



The Playgroup Committee.

*Leanne, Heidi, Narelle & Claudia*

# CANTEEN NEWS

I wish to say a big thank-you to all the parents that have been coming in to help, it is appreciated. Please call into the canteen anytime to put your name on the Roster, even if it is not your classes turn.

*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/>*

***Monday 5 November HELP NEEDED***

***Tuesday 6 November HELP NEEDED***

***Thursday 8 November Sharon Lund***

***Friday 9 November HELP NEEDED***

***Monday 12 November HELP NEEDED***

***Tuesday 13 November Mary Flack***

***Thursday 15 November Mary Flack***

***Friday 16 November Rebekah Baker***

***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](mailto:sales@jfe.net.au)

3 Year Old Pre Kindy - Year 6  
Before & After School Care  
Vacations Care  
Contact Centre Supervisors

**0477 994 123**

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

**BOOK NOW**



## ABSENTEE NOTIFICATION

**ABSENTEE CHANGES**  
Click on the Absentees Icon on  
the Liwara School Website or  
leave a voice message on the  
school number 9448 3811  
ext1 before 8:20am  
*Leave the child's name, class and a  
brief description for the absence.*

**No, SMS or voice mail to the school  
mobile number.**

**Changes from Term 4 2018**

*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

*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

## ACHIEVEMENT CERTIFICATE WK 2 TERM 4

PPG - Albie Deurloo, Leo Musca, Olivia Lamoureux

PPR - Phoebe Croxford, Alexis Magorian

1G - Holly Murray, Abbey Sarullo

1R - Coco Watson, Ethan Swapp

2G - Stella Franotovic, Flynn Hayter, Isabelle Moala

2R - Sophie Moala, Henri Killian

3G - Gabriel Androszczuk, Cooper Flatman,  
Marcella Maxwell

3R - Sebastian Magorian, Gabriel Millington  
Benjamin Perkins

4G - Zoe Higgie, Darcy Bastow

4R - Christina Edwards, Ruby Hodge

5G - Molly Moala, Cash Nation, Thalia Fink

5R - Lachlan Doepel, Cody Nelligan, Zachary Angell

6G - Nina Scaglione, Kai Gerber, Daniel Manifold,  
Stanley Fox

6R - Aidan Lamb, Ella Strohfeld, Aaron Keating

Parents have you filled in  
an application for your  
child?

Kindy 2019

Kindy 2020

Pre Kindy 2019

Pre Kindy 2020



### 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

Saturday 9.00am & Vigil – 6pm—Sunday 7.30am,  
9.30am, & 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.

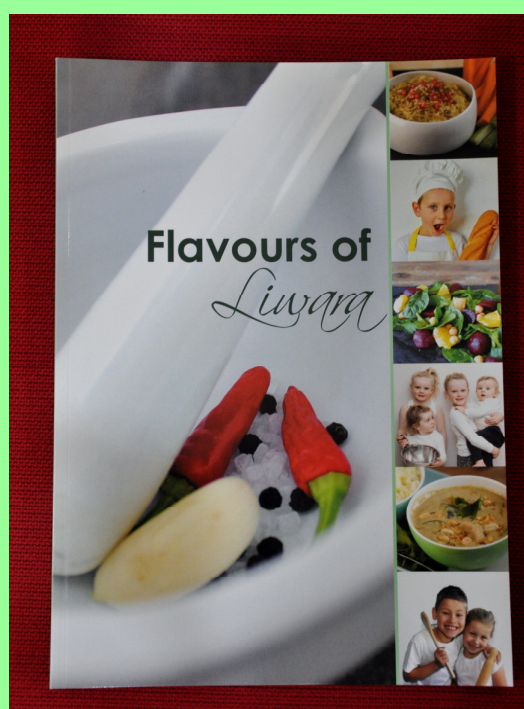
**All Saints Parish 24:7 Greenwood Youth Group**

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 2018



Available for purchase in the  
School front office \$25