



LIWARA CATHOLIC PRIMARY SCHOOL

Newsletter No 18 15 November 2018

5 Tuart Road Greenwood

08 9448 3811

A MESSAGE FROM THE PRINCIPAL

The Musician's Prayer

Oh Lord, please bless this music that it might glorify your name.

May the talent that you have bestowed upon me be used only to serve you.

Let this music be a witness to your majesty and love, and remind us that you are always watching, and listening, from your throne above.

May your presence and beauty be found in every note, and may the words that are sung reach the hearts of your people so they will draw closer to you.

May your Spirit guide us through every measure so that we might be the instruments of your peace, and proclaim your glory with glad voices. Amen

Dear Families,

ANNUAL LIWARA FAIR I would like to extend my deepest gratitude to everyone who was involved in making our Fair another amazing event! The enormous amount of preparation going on behind the scenes, leading up to the big event, is a feat that is achieved by so many Liwara families who are extremely generous. I would like to thank all our community members who have been so giving of their time, donations, energy and enthusiasm. A special thank you to the Fair Committee and their teams of diligent workers, the stall coordinators, the set up and set down crews and the dozens of other helpers. So many hours of pre-fair preparation have already been invested by parents and staff to provide a large range of activities, stalls brimming with produce, exotic plants, white elephant items, food, drinks, games and so much more. The Liwara Fair is a true reflection of the strength of our community and it is a demonstration of the enduring community spirit that permeates Liwara. On Monday 19 November at the Annual Community Meeting (ACM) at 7.00pm in the Ahern Centre, I will be hosting the grand preview of the film footage that the MSP photographer took during the fair. The brief for the photographer, was to create a film to capture the essence of Liwara, to promote this wonderful community and as the fair is such a big part of our Liwara life, I invited him in to spend the day with us to capture some of the precious moments. I am sure that all who see it on Monday night at the ACM, will be very pleased with his work! I cannot wait to see what our 40th Fair Anniversary brings in 2019!

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.



GRADUATING CLASS OF 1988 30TH REUNION On Saturday 20 October, a group of past Liwara students celebrated their 30th Reunion in style. They spent a couple of hours at the school, wandering through the rooms and reminiscing about times gone by and then moved on to the Greenwood Hotel to continue their celebrations. It was lovely that they chose to spend some time together at the school as they were able to see the changes and improvements in the classrooms and grounds, whilst enjoying the company of each other.



STUDENT SAFETY IN DRIVE THROUGH PICK UP AREAS: A big 'THANK YOU' to all our parents who are using either the top or bottom drive through pick up areas for ensuring the children are only picked up from the supervised gates at all times. A reminder that both areas of Carpark #3 are provided for parents who are parking and entering the school grounds to pick up their child. **All children leaving the grounds without an adult**, must go straight to the Duty Teacher at Gates #3 or #6 where they will be released to the parent via the drive through procedures, put in place for the safety of our students. Please do not park your car and leave it at any time in the drive through lanes as this can lead to the safety of our students being compromised and causing unnecessary angst for the parents who are following the correct guidelines. Staff members, whose main duty at this time is to ensure the safety of our students, will leave their post and approach any driver who is not following the correct protocol to ask them to keep moving, once they are in the drive through lanes. I thank you for heeding this important information. All teachers will be reminding their students of the correct protocols for the end of day pick so they are all aware of the importance of gathering with the duty teacher each afternoon.

INSTRUMENTAL MUSIC PERFORMANCE



A MESSAGE FROM THE ASSISTANT PRINCIPALS

St Vinnies Christmas Appeal

The Liwara Social Justice Ministry will be supporting St Vinnies in its annual Christmas Appeal again this year. All families are asked to donate non-perishable foods, Christmas table wear (bonbons, napkins, etc) or toys/books for the less fortunate in our community. The Appeal began this week and all donations are being received through the classes. Your continued support of this Appeal is greatly appreciated.

Instrumental Tuition 2019 Please see Skoolbag for the Information Letter for tuition in 2019

Social Worker's Corner

Today I'm grateful for my kids



WANTING THEIR WAY = BEING PERSISTENT



CLINGING TO ME = BEING AFFECTIONATE AND CONNECTED



DEMANDING THINGS = BEING ASSERTIVE



NOT SITTING STILL = BEING ENERGETIC AND JOYFUL



WHINING ALL DAY = COMMUNICATING THEIR NEEDS



BEING LOUD = BEING EXPRESSIVE AND CONFIDENT

BIG LIFE JOURNAL - BIGLIFEJOURNAL.COM

5 ways to deal with FRUSTRATIONS as a PARENT

by Big Life Journal

1 ACCEPT YOUR CHILD AS THEY ARE

- See and know them for who they are rather than who we expect them to be.
- Tell them from the start that **you will love them...** and repeat it all the time.
- Be awake to who they are; feeling seen is an essential part of feeling loved.
- A great way to connect with your child is via their love language, you can **make them feel seen and appreciated.**



2 ALLOW YOUR EMOTIONS

- All feelings are okay!
- When a strong feeling arises, observe it. **S-** Stop what you are doing
- **P-** Pause and take a breath. **T-** Take a few deep breaths
- When frustration arises, use the helpful practice **S.T.O.P.** **O-** Observe your thoughts and feelings as they are
- **P-** Proceed with whatever you were doing before



3 KNOW THE "90-SECOND RULE"

- When we resist a feeling, we inadvertently remain stuck in the same feeling.
- When we accept the feeling, **it's gone in under 2 minutes!**
- In the critical 90 seconds of an emotion, be sure to communicate your strong feelings to your child and how you plan to cope with them. **"Mommy is feeling very tired and grumpy right now."**



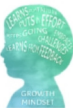
4 PARENT FROM A PLACE OF GRATITUDE

- Practicing gratitude improves mental and physical health, increases empathy, and improves sleep. **It even changes the brain!**
- Each time you're about to say, "I have to" to, replace it with **"I get to."**
- "I have to take my daughter to ballet" versus "I get to take my daughter to ballet".
- "I have to put him to bed" versus "I get to put him to bed."



5 APPLY GROWTH MINDSET TO YOUR PARENTING

- **No one is born knowing how to parent.** When frustration overtakes you, use it as an opportunity to grow from the experience, and decide what you'd do differently next time.
- When it all seems too difficult, remember the feeling of things being hard is the **feeling of your brain growing.**



biglifejournal.com

Sustainable Living

6 Golden Rules of Kerbside Recycling

Recycling may seem complicated so follow these rules to help with the war on waste.
And remember to **reduce and reuse first.**



1 Look for the label

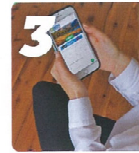
The Australasian Recycling Label is a proven system that tells you which bin each piece of packaging goes in.



2 Put it in

Easy to recycle materials, accepted in most kerbside collections:

- ✓ Paper & cardboard
- ✓ Cartons
- ✓ Metal cans
- ✓ Glass jars & bottles
- ✓ Plastic containers



3 Check locally

Recycling rules for other materials can vary between council areas. Search **RecyclingNearYou** or check directly with your council to find out what's accepted.



4 Leave it out

These cause problems at Material Recovery Facilities*

- ✗ Recyclables in plastic bags
- ✗ Soft Plastics
- ✗ Food
- ✗ Crockery
- ✗ Nappies
- ✗ Clothing/textiles
- ✗ Polystyrene
- ✗ CDs/DVDs/videos
- ✗ E-waste (e.g. batteries, mobiles)
- ✗ Window/drinkware glass

*Some councils have special recycling systems for some of these materials



5 Drop it off

Kerbside systems* cannot separate items like mobile phones, coffee pods, computers, paint, printer cartridges and soft plastic. Find a local drop-off service on **RecyclingNearYou**



6 If in doubt

Leave it out of the recycling bin! 'Wish-cycling' doesn't work. Putting the wrong thing in the wrong bin can ruin your good recycling efforts.



Extra Tip

Close the loop by buying products and packaging made with recycled materials like Planet Ark Paper and Nature Toilet Tissue. Search our **Recycled Products Directory**



Major Sponsor



Associate Sponsors



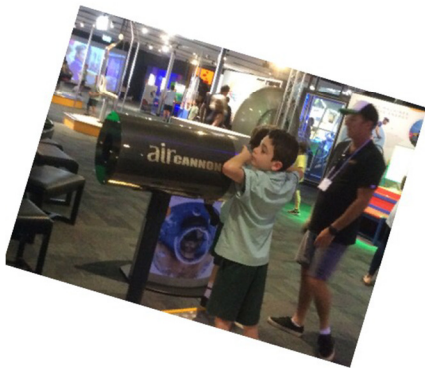
Supporting Sponsors



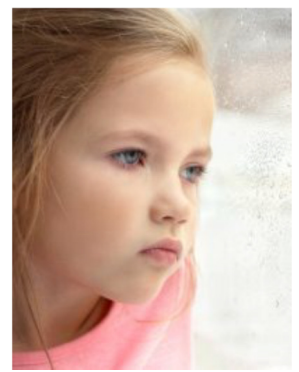
Yr 2 Class News

Year 2 Class News

***This year in Year 2,
we have been
learning about the
seasons, forces and
mapping. We visited
Scitech and we
became mini
scientists!***



PIC•COLLAGE



Four critical tools for kids' anxiety management

by Michael Grose

Anxiety disorders are currently taking a heavy toll on Australian children and young people. It's been estimated that there will be at least four children in every Australian classroom who are experiencing an anxiety disorder at some stage during a year.

Anxiety is not restricted to secondary schools either, with children as young as four now presenting with symptoms of anxiety, manifested in headaches, tantrums and refusal to go to school.

Anecdotal evidence suggests that there is still a stigma attached to anxiety as people still seem to associate it with weakness and don't understand the difference between normal feelings of stress and crippling anxiety.

Anxiety is normal

Anxiety is the body's response to fear, real or perceived. It's our body's way of protecting us when we're in danger. It's completely normal to feel anxious from time to time. A child might feel anxious about speaking in front of their class or a teen might feel anxious about an exam. Those anxious feelings can act as a motivator to do more revision or be better prepared. With 'normal' anxiety, when the stressful event has passed, the anxious feelings pass too.

We can liken our anxiety response to a smoke alarm. The alarm is designed to alert us to fire, a danger that can threaten our lives. Anxiety becomes a problem when the mind's alarm system is extremely sensitive and responds when there's no genuine danger present.

Anxiety needs to be addressed when it starts interfering with daily life. Kids and teens with anxiety experience the symptoms when they're actually quite safe; the danger is only imagined. And sometimes anxiety shows up for no reason at all.

Parents are well positioned to provide kids with the tools and skills to regulate their anxiousness. Here are four critical skills to teach kids to help them self-manage feelings of anxiousness:

1. Breathing to calm down the anxiety

When it comes to calming down anxiety, the brain 'listens' to the body. Kids and teens can show their brain they're safe using deep, slow breathing. This type of breathing helps bring the brain down from high alert and signals the nervous system to begin to return to normal. Encouraging kids to practise deep breathing in between times of high anxiety is essential. By practising, they're preparing their body to also be able to calm down using breathing when the fight or flight response is in full swing.

2. Mindfulness to bring kids into the present

Generally kids become anxious about future events such as giving a talk, starting secondary school or going into an unfamiliar situations. They can be perfectly safe yet their bodies can respond as if they are in danger because they are thinking about what may happen. Mindfulness is a great tool to bring kids into the present and relieve them of their feelings of anxiousness.

3. Exercise to dissipate anxiety

Exercise plays a huge role in anxiety management, yet children's lifestyles are increasingly sedentary. Exercise and movement help kids regulate their moods and reduce the symptoms of anxiety. Play and exercise help to ease muscle tension, regulate breathing and induce the release of 'feel-good' neurotransmitters.

4. Thought-noticing to shift thinking

Thought-noticing is a wonderful skill set that helps kids to better manage their mental health. When kids tune into their thinking, they can immediately distance themselves from it. Rather than being lost in the thoughts that are making them feel anxious, they can mentally step back and see the thought for what it is – a thought which comes and goes, and not a fact.

Breathing, mindfulness, exercise and thought-noticing are best taught and practised when kids are not under stress. They are most effective when they become an entrenched part of kids' lifestyles rather than an activity to be called upon from time to time.

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*.

LIWARA CATHOLIC PRIMARY SCHOOL

2019 KINDY PARENT INFORMATION SESSION

Dear Parents,

If your child is starting Kindy next year, we would like to invite you to attend the 2019 Kindy Parent Information Session.

At this session you will get to meet the 2019 Kindy Staff and Nurse Fran - our friendly Community Health Nurse. You will also receive all the necessary information that you will need to start Kindy in February 2019.

Please, no toddlers, if possible.

Date: Wednesday 28 November

Time: 9:00 - 10:00am

Where: Ahern Centre

RSVP: Monday 27 November *(Please RSVP to Admin office on 9448 3811)*



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, Heidy, 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.

*We have some new Icy Poles available. Pop in and have a look.
Muffins and Oat biscuits at Recess are all home made and healthy.*

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/>

Term 4 Week 7 Helpers needed from Kindy Red

Monday 19 November HELP NEEDED

Tuesday 20 November HELP NEEDED

Thursday 22 November Rebekah Baker

Friday 23 November HELP NEEDED

Term 4 Week 8 helpers needed from PP Red

Monday 26 November HELP NEEDED

Tuesday 27 November Cathy Czerwionka

Thursday 29 November HELP NEEDED

Friday 30 November HELP NEEDED

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

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 5 TERM 4

PPG - Olivia Lamoureux, Andy Paterson,
Emily Perkins

PPR - Harvey Swapp

1G - Whole Class

1R - Whole Class

2G - Rocco Parlongo, Chayce Sherwin
Chase Sinderberry- Williams, Kobe Pope

2R - Alby Giles Mitchell Elkes

3G - Chloe Pires, Lily Angell, Logan Kerridge

3R - Ryan Taylor, Benjamin Johnston

4G - Amalia Sequeira Evan, Anderson

4R - Ava Kimberley, Luke Sarullo

5G - Adam McAullay, Xavier Williams,
Maddison O'Sullivan

5R - Brice Irvine, Jacob Burns, Sam Carmignani

6G - Brendan Traeger, Ethan Green, Nicholas Gray

6R - Ethan Walker, Juliana Memales
Jack Hemmingway

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

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 2nd Saturday of
month)

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

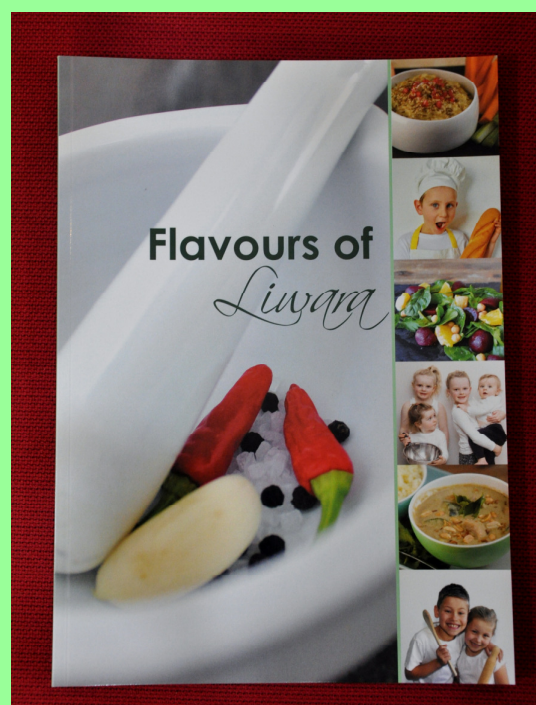
All Saints Parish 24:7 Greenwood Youth Group

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

P&F Notices

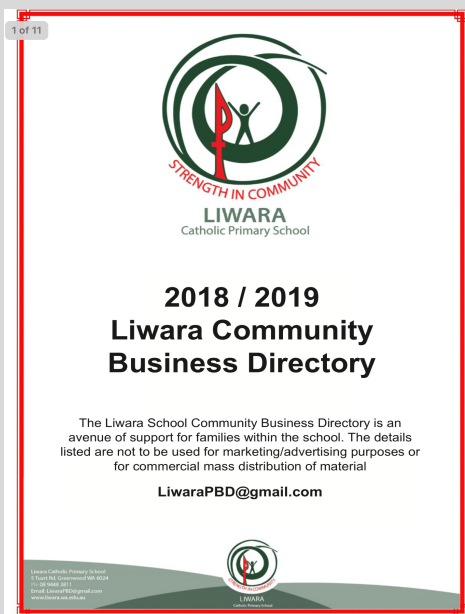
Family Matters

15 November
2018

Coming Up...

**Annual
Community
Meeting
Monday 19th
November**

**Final P&F
Meeting for 2018**
Monday 26th November
6pm Drinks & Nibbles
7pm Meeting
Ahern Centre Courtyard
All Parents Welcome



Go to the Liwara Website > Parents or click this link <http://www.liwara.wa.edu.au/wp-content/uploads/The-Community-Business-Directory.pdf>

P&F Contacts

**Secretary &
General enquiries**

liwarapf@gmail.com

President

liwarapfpresident@gmail.com

Vice President

liwarapfvice@gmail.com

Treasurer

liwarapftreasurer@gmail.com



Find us on
Facebook

The Liwara P&F Executive Committee extends an
invitation to all Liwara parents to attend

Our Final Meeting for 2018

We will celebrate the year with drinks and nibbles followed by our
meeting which will include planning our events for 2019 and
voting of our Executive Committee for the new year



**26 November 2018 • 6:00 PM
Meeting • 7:00 PM**

IN THE AHERN CENTRE COURTYARD

RSVP by 23rd November to liwarapf@gmail.com for catering and to
receive the agenda (though you are still welcome without RSVP)



The Liwara P&F has a
Private Facebook
Group for members of

the Liwara community only. The
Facebook Group is used for internal
events, advertising Second hand
uniforms & information for members
of the school community.

To join, search 'Liwara P&F
Association Private Group' on
Facebook or click link [https://
www.facebook.com/
groups/377178798959937/](https://www.facebook.com/groups/377178798959937/) . Request
membership & answer all 3 questions.
Membership will only be accepted
once eligibility confirmed with the
School Secretary. All members of the
School Community wishing to be on
Facebook must read the guidelines
available on the school website.

Is your child currently in Year 4?

Interviews for prospective students commencing at Mater Dei College for Year 7 2021, begin in February 2019. If you have not submitted your child's Application form, please contact the Enrolments Officer, Mrs Ang Lourens, on enrolments@mdc.wa.edu.au or 9405 4777

