



# LIWARA CATHOLIC PRIMARY SCHOOL

28 November 2019

## IMPORTANT DATES

CERTIFICATE ASSEMBLY 29 NOV

REACH EXPO & ACM 2 DEC

YR 6 ASSEMBLY 5 DEC

THANKSGIVING MASS AND  
GRADUATION 10 DEC

EOY MASS 9:00AM 13 DEC

CHRISTMAS CAROLS 2PM 13 DEC

## *A Prayer of Thanks for all God's Children*

*We thank you that you made each one of us in your image and likeness and that we are all your beloved children. We pray for the students we teach.*

*We pray for children who.... make us smile;.... challenge our way of thinking;.... are hard working; .... find learning tough;.... are a delight;.... like to laugh; .... have lots to share; .... never say a word; ... are easily overlooked; ..... remind us of ourselves when we were younger!*

*We thank you for all the students who have an impact on our lives and for the privilege of having an impact on their lives.*

*Lord, help us not to label those we teach or to fall into the trap of thinking we have got them 'worked out'.*

*Help us to be open to new revelations and the work of your Holy Spirit in each of their lives. Lord, use those we teach to teach us.*

*Help us to be Christ-like at all times; seeing each one with your eyes and valuing them with your heart of love.*

*We ask this prayer in the name of Jesus the teacher. Amen*

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Dear Parents,

I would like to take this opportunity to thank our parent community through the Parents and Friends Association and our School Board for the work and time they have given to our school in their varied roles and responsibilities this year. To all those parents and families who have supported the P&F in a myriad of ways, I thank you. Our students and staff are ever so grateful to both these groups one for providing resources and social event and the other for looking after the governance of our school so enthusiastically.

Our students have been involved in many different incursions and excursion this term and Mrs Margetic has been adding the exciting events to our website in 'Our Latest News' section for all to see. The Pre-Primary students had the Canine Squad visit. Our Year Six Special Events Ministry visited the site where Brother Olly Pickett (Workshop Manager) Wheelchairs for Kids in Wangara to present a cheque that will provide at least five wheelchairs for children in under-resourced countries. Thank you to our community who get behind everything the innovative students put their minds to.

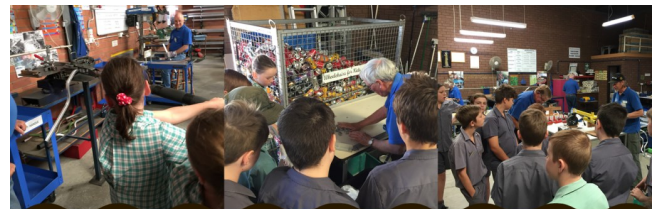
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THE CANINE SQUAD VISITS  
PRE-PRIMARY

Our Pre-Primary children enjoyed a visit from some local Police Officers and the Canine Squad after learning about 'Emergency Services in our Community'. They met Usain the Labrador, who is specially trained to sniff for money.

It was interesting and so much fun!



## WHEELCHAIRS FOR KIDS

On the 11th of November the Year Six Special Events Ministry Groups visited Wheelchairs for Kids in Wangara to present a cheque for \$1119.45. This now brings our total donated to \$7393.40. The money raised has provided 47 wheelchairs for children in need all over the world. Wheelchairs for Kids (WFK) is an organisation whose mission is to manufacture and distribute wheelchairs to children in need, assisting them with the means to raise them off the ground from where they are presently confined, and gain a new level of freedom and mobility.

## 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

TEL: 9447 6225 Check for further details on the General School News page.



## Our Pre-Primary Nativity Concert

Our Pre-Primary students delighted us all by bringing the story of the first Christmas to life.

### PRE-PRIMARY NATIVITY 2019

The Pre-Primary children performed the Christmas Nativity for the children, families and friends of Liwara. The children were fabulous re-enacting the story of the birth of Jesus. They all sang beautifully, read clearly and made the Nativity a special experience for us all. In Liwara tradition, the Pre-Primary children also had the opportunity to perform the Nativity to the staff and patients of St John of God Hospital in Subiaco. It was a wonderful opportunity for the children to give back to our Catholic community and put smiles on the faces of those in need.

### KINDY 2020 & PRE KINDY 2020 PARENT INFORMATION SESSIONS

We have recently held our 2020 Kindy and Pre Kindy Parent Information Sessions. If any parents are aware of any families in the community who are still needing a place in Kindy or Pre Kindy in 2020, please ask them to contact the School Enrolment Officer, Karen Rosser, as a matter of urgency.

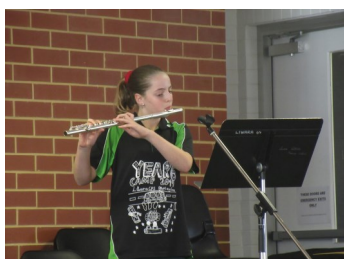
### ANNUAL COMMUNITY MEETING

A reminder that we will be holding the Annual Community Meeting on Monday 2 December. At this gathering you will hear summaries of the activities of the School Board and P&F as well as a comprehensive overview of the year that has been! This year, before the ACM we are taking the opportunity to showcase projects completed by the REACH students. I strongly encourage you to wander through and enjoy their creativity!

### VOLUNTEERS' THANK YOU

Members of the School Improvement Team have made a decision this year to say "Thank you" to our myriad of classroom volunteers in a slightly different way. The sub-committee are busy preparing a special thank you gift to send home for you with your child. Without giving away any secrets, what I can say is that it is an 'everlasting' gift!

### INSTRUMENTAL MUSIC PERFORMANCE





# A MESSAGE FROM ASSISTANT PRINCIPALS

## CERTIFICATE ASSEMBLY

Our final Certificate Assembly will be held on Friday 29th November commencing at 2.30pm.

## THANKSGIVING MASS AND GRADUATION

The Year 6 Thanksgiving Mass and Graduation will be held on Tuesday 10th December in the All Saints Parish Church commencing at 6pm.

## GRADUATION ASSEMBLY

The Year 6 students will be presenting their Graduation Assembly on Thursday 5th December commencing at 9am. All are welcome to attend this often humorous event.

## END OF YEAR WHOLE SCHOOL THANKSGIVING MASS

A whole school Mass for all staff, students and parents to celebrate the conclusion of the school year will be held in the All Saints Parish Church on Friday 13th December commencing at 9am. Year 5 students are preparing the Mass. All are invited to attend.

## CHRISTMAS CAROLS PERFORMANCE

Each class in the school will perform a Christmas Carol at a special Assembly in the Ahern Centre on Friday 13th December commencing at 2pm.



## SEQTA REPORTS

Semester Two Reports and Elaborations will be available through the SEQTA Engage Portal from 3:30pm Friday 13th December. Please check that your log in and password are working. <http://www.liwara.wa.edu.au/seqta-engage/>

**Year 6 students and any other students leaving the school.** Please print or save your children's Reports and Elaborations to your own device as they will no longer be available for you to access from Monday 16th December.



## MUSIC TUITIOIN IN 2020

Our Instrumental Tuition Program at Liwara Catholic Primary School has been running for 25 years and has given many students the opportunity to learn to play a musical instrument and to experience the excitement, satisfaction and sense of accomplishment and the many developmental benefits that it can bring. Applications were sent home last week, these need to be completed and returned to the office asap. If you need another form please call into the office or download from SkoolBag.

## Sustainability for the Liwara Community

We have had another fantastic week in sustainability. We are ready for another pick-up of our Greenbatch recycling! Thank you, parents and students, for your continued vigilance in rinsing out Type 1 PET and Type 2 HDPE plastic containers and aluminium cans.

### Sustainability in Action

Did you know that every time you buy vegetables with roots, that you may be able regrow a lot of them sustainably in your own home vegetable garden?



Students have been amazed to see the growth of celery plants grown, in a tray of water, from the root bulb. After a few weeks, when the roots have developed, the celery can be planted into a pot or directly into the garden. This is the part of the vegetable that most people discard as food waste or, put into compost or worm farms. But, how about using it a more sustainably and, at the same time, provide fun learning for your children?! It makes a wonderful home science family gardening project!

Have you ever had spring onions go rotten in your refrigerator? Why not plant them in your garden and pick them when you need them for cooking. If you snip them off, leaving about two centimetres in the ground, they can regrow into new spring onions.

How about planting sunflowers? The seeds make a tasty and nutritious snack for most people and once you grow a couple of sunflowers, you can harvest a supply of seeds to sow for years to come, just like we have at Liwara! As we reach the end of Spring, our silverbeet and basil (below right) also now going to seed. We shall harvest seeds for sowing next year.

**Now that's sustainable!**



Important  
Information



**Tuesday 24 March 2020**

**This will be a half-day due to Parent-Teacher Interviews.**

**Students will need to be collected at 12.00pm.**

**There will be no lunches available from the canteen.**

**More information will be advertised early next year.**



# Pre Kindy Class News

## Pre Kindy Water Play

With the warmer weather starting, we have been enjoying lots of water play in Pre Kindy. Lots of messy fun!



# 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**

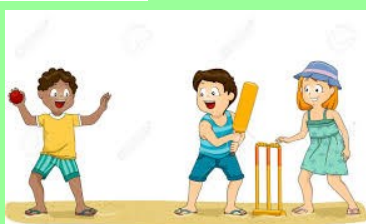
Michael Grose, founder of Parenting Ideas, is one of Australia's leading parenting educators. He's the author of 10 books for parents including *Thriving!* and the bestselling *Why First Borns Rule the World* and *Last Borns Want to Change It*, and his latest release *Spoonfed Generation: How to raise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



# GENERAL SCHOOL NEWS

## Summer Sports Carnival

On Friday December 6th, all Year 6 students will participate in the NIPSSA Interschool Summer Carnival. Students will represent the school in either Tennis, Cricket or Volleyball and compete against other schools in the district. Thank you to the parents who have offered to assist with Team management. We wish everyone involved all the best in their endeavours.



### All Saints Catholic Church

PARISH PRIEST: FR ELVER DELICANO

ADDRESS: 7 LIWARA PLACE, GREENWOOD WA

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

## UNIFORM SHOP

### Uniform Shop

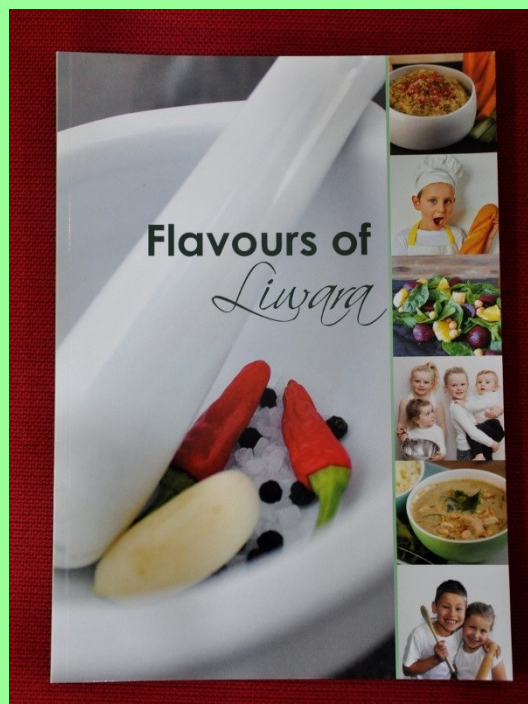
#### January Opening Hours

Thursday 30 January 2020

8:00 - 10:00am (shop open  
and express paid pick up  
service)

4:00 - 6:00pm (shop open,  
no express pick up).

### LIWARA CATHOLIC PRIMARY SCHOOL COOKBOOK 2019



Available for purchase in the  
School front office

## P&F Notices

# Family Matters

28th Nov  
2019

### Coming Up...

#### Next Meeting

#### AGM

Monday

2nd December

Ahern Centre

#### First P&F Meeting 2020

10th Feb 7pm in  
Library

### Thank you to our outgoing executive team!

President—Christel Magorian.

Vice President—Sam Lane

Treasure—Bronwyn Patience

Assistant Treasurer—Caressa Magorian

Secretary - Allyson Mullane

Newsletter Editor—Katherine Millington

### Welcome to our 2020 P&F

#### Executive Team

President—Sam Lane.

Vice President—Davide Trevisan-Singh

Treasurer—Angela Ford

Assistant Treasurer—Kerrie Serrano

The P&F is still looking for a new Secretary and Newsletter Editor, please forward any enquires to [liwarapfpresident@gmail.com](mailto:liwarapfpresident@gmail.com)

#### **P&F Contacts**

President - Christel Magorian

[liwarapfpresident@gmail.com](mailto:liwarapfpresident@gmail.com)

Vice President - Sam Lane

[liwarapfvice@gmail.com](mailto:liwarapfvice@gmail.com)

All inquiries should be directed to P&F Secretaries

Ally Mullane & Katherine Millington

[liwarapf@gmail.com](mailto:liwarapf@gmail.com)

Treasurers -

Bronwyn Patience &  
Carresa Magorian

[liwarapftreasurer@gmail.com](mailto:liwarapftreasurer@gmail.com)

LADs (Liwara Awesome Dads Society)

Coordinator – Craig Byrne

[liwaralads@gmail.com](mailto:liwaralads@gmail.com)

Classroom Rep Coordinator – Sarah Kerby

The first meeting for 2020 will be Monday 10th February at 7pm in the Library. All parents and guardians are welcome and encouraged to attend. Nominations for secretary and newsletter editor will be called for.

All events and fundraising sub committees will be set where possible.

Any new ideas are welcome—please email [liwarapf@gmail.com](mailto:liwarapf@gmail.com) for 2020 agenda items.



# Thank You!

Big thanks to everyone for their support and contribution for our 40th Annual fair. It was a huge success and again put Liwara on the map for the best fair within our community!



## 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)

Order Forms available on website

Full payment is required on ordering. Orders will be dropped off at your child's class.

3 Year Old Pre Kindy - Year 6

Before & After School Care

Vacations Care

Contact Centre Supervisors

**0477 994 123**

**BOOK NOW**



### ABSENTEE

### CANTEEN

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.*

*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 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/>***

## YOUTH MINISTRY



### YOUTH MINISTRY GOALS & RESULTS

**Youth Group Attendance Goal: 20.** With a number of young people at the iStand Camp we still managed to see 16 people at youth group.

**Youth Group Content Goal: To have a fun and engaging night to finish off this term's series.** This was achieved as we had an Amazing Race that looked at different aspects of the term's topic.

**To build up and strengthen relationships with the youth.** This was achieved through the games, activities and free time during the night.

### YOUTH GROUP GAMES / ACTIVITIES

Amazing Race

### YOUTH GROUP TALK / FOCUS

Amazing Race.

The different stations were used as a recap that looked at the terms' topics from a different perspective.

### NEXT YOUTH GROUP THEME

10 Year Party!

### PARISH/NEWSLETTER PROMOTION

24:7 Greenwood Youth Group

For all youth in Years 6-12

Every Sunday 6:30pm to 8pm at the Ahern Centre

Call Lynn on 0452 413 942 or Anthony on 0481 737 771

God bless,

Lynn and Anthony

24:7 Greenwood Youth Ministers

[www.247youthministry.org](http://www.247youthministry.org)



### SCHOOL TIMES

Pre Kindy & Kindy 8.45am—2.45pm  
(doors open at 8.40am)

Pre Primary—Year Six 8.40—3.00pm  
(doors open at 8.30am)