Principal’s News

Dear Parents,

Despite the very hot weather, we have had an excellent start to the year and managed to negotiate the worst of the heat wave successfully. Swimming lessons are going well and children have enjoyed the opportunity to cool off and improve their swimming in the warm weather.

At St Pat’s we are blessed to have such a dedicated and professional staff who are fully committed to providing the very best education for your children, as well as caring for and nurturing them. The classroom teachers are the first point of contact regarding any of your concerns or queries with your children and are available to meet with you. Thank you to all the parents who were able to attend the Parent Information meetings (PP-Yr 6) on Tuesday evening—there was a fabulous turn out. The evening was a valuable way to begin building a close working relationship with your child’s class teacher, and to gain insight into the teaching and learning that is planned for the year ahead. When schools and families really work together for the best interests of each child, amazing things can be achieved. If you couldn’t be in attendance for any reason, please let your child’s teacher know and they will ensure any information needed can be forwarded to you. Many thanks to staff for the work they put into preparing their presentations and the gift of their valuable time.

Today some of our girls were here early to participate in a girls only cricket clinic, which looked like a lot of fun. These sessions will run over the next few weeks and notes have been sent home outlining the programme. Many thanks to Miss Wood, who has generously donated her time to co-ordinate this, and next week Miss Wood will be joined by Miss Lawler and Ms Hemmings to run the programme for the girls who have signed up. Over the same weeks, Mr Yorke, Miss D’Agnone and Mrs D’Alessandro will take before school swimming training. Many thanks to all these staff members and those wonderful parents who have volunteered to help out. Without your support we could not run these extra curricula activities.

The Season of Lent

Yesterday we celebrated Ash Wednesday, which marks the beginning of the Season of Lent. It is a season of penance, reflection, and fasting which prepares us for Christ’s Resurrection on Easter Sunday, through which we attain redemption.

As we enter the season of Lent the children will be talking about sacrifice but we could easily include self control and appreciation of others as ways of preparing for Easter. When we exhibit self control and appreciation of the people and things around us, our actions not only benefit others but enrich our own lives. Rather than “giving up” for Lent try doing a kind act, being more helpful, more responsible or understanding. Teaching ourselves and our children how to be still, to be quiet and appreciate what we have is a valuable way to begin building a close working relationship with your child’s class teacher, and to gain insight into the teaching and learning that is planned for the year ahead. When schools and families really work together for the best interests of each child, amazing things can be achieved.

Perhaps during Lent we could spend a few moments looking after ourselves and in turn enriching the lives of others.

Sunscreen/hats

All parents are reminded that it is important to cover your children with sunscreen before they come to school and to ensure they have their school hat with them every day. All classrooms have sunscreen available and children are reminded to apply this before outside activity; however, the more we can push the message the quicker they learn to take personal responsibility for this, which is something even very young children can learn to do.

John Ryan
Principal
Swimming Training (Years 3 to 6)
Thank you to everyone who has returned a permission form and money for the allocated swimming training days that will be held over the next three weeks.

If you have not handed in a form and pre-paid for the sessions, please do not turn up at swimming training. We need to know exactly which students are taking part beforehand, as the different levels of swimming need to be catered for, as does the children’s breakfast.

Over the next three weeks, if your child expresses an interest in wanting to join in with the training, it is not too late. Please hand in your form and money to school administration at least the day before the session you would like your child to begin.

Kindy Enrolments for 2017
It is that time of the year again when we will soon begin processing the Kindergarten enrolments for next year.

If your child was born between 1st July 2012 and 30th June 2013 they are eligible for 4 Year Old Kindergarten in 2017.

Children born 1st July 2013 to 30th June 2014 are eligible to attend Pre Kindy in 2017.

Please call into the school office to collect your enrolment form or for more information.

Canteen Volunteers
Please consider volunteering to help out in the canteen. Our new canteen manager, Jan Miller, would love to meet you, and your children would love to see you there. If you can help out, please contact administration staff either by email (admin@stpatsfremantle.wa.edu.au) or by telephone on 9335 5215.

A Note from the Community Health Nurse
Welcome to the new school year. My name is Judy Sullivan and I am the Community Health Nurse who visits your school.

Community Health Nurses work in schools to promote healthy development and wellbeing so students may reach their full potential. A major part of my work is focused on early intervention and the School Entry Health Assessment program.

Community Health Nurses serve as a health contact point for children and their families, providing information, assessment, health counselling and referral. The services provided are free and confidential.

If you have a concern about your child’s health or development, please contact me via your school office or at my Community Health Base on 9314 0100.
Behavioural changes with starting school

Starting school involves a big change for your child. It is normal for children to have strong feelings as they start to think about these changes, such as excitement about the prospect of going to school as well as nervousness about what lies ahead. Your child may also be feeling sad or angry about leaving early childhood education and care. This includes letting go of relationships formed with educators and other children, as well as a change to their familiar routines.

Some common feelings children have during transition to school can include:

- excitement
- sadness
- anger
- anticipation
- fear or anxiety

Understanding and helping your child to handle the feelings associated with starting school will help to reduce their stress and can provide them with positive coping strategies.

Common Behaviours

Young children often have difficulty explaining in words how they feel. Instead they may show their feelings through their behaviour. Some behaviours may be easier to spot, like tantrums and crying, while others may be more difficult to notice, like being quieter than usual.

During the transition to school you may notice the following behaviours emerge or increase in frequency:

- clinging behaviour (eg. not wanting to separate from you)
- restlessness (eg. difficulty settling at activities, easily distracted, fidgeting)
- withdrawing (eg. not participating in familiar activities, less engaged, less willing to persist)
- being anxious (eg. shyness, fidgeting, stomach aches, needing excessive reassurance around the routines or plans for the day)
- refusing to comply (eg. not wanting to follow rules and routines)
- avoidance strategies (eg. increased negotiations around participation)
- planning and organisation difficulties (eg. trouble getting started, remembering or finishing tasks)
- increase in crying and tantrums (eg. more often or in more situations)
- changes in eating habits (eg. loss of appetite, becoming fussy with food, overeating)
- sleep difficulties (eg. trouble falling or staying asleep, nightmares)
- regression to younger behaviours (eg bedwetting, thumb sucking, baby talk)
- aggressive behaviours (eg hitting, kicking, shouting).

These behaviours are examples of different ways children respond to challenging situations. They are very typical for children within this age group and you have probably already noticed some of these behaviours during other times of change. However, if the behaviours persist or are interfering with your child’s daily life it is a good idea to get further help.

This information was sourced from www.kidsmatter.edu.au
**Lenten Message**

During Lent, we ask ourselves: “how am I bringing Good News to the world? How am I sharing God’s love with the world?”

This needn’t be a daunting task. This is the love that God has already planted within us, through the Spirit.

It is the love that makes it possible for us to imagine the anguish felt by a mother who cannot provide food for her children; the grief of a child who has lost her parents to disease, or to conflict; and the isolation felt by a man whose disability has cast him out to the margins of his community.

And it is that same love that makes us smile when we see families eating a full and healthy meal together; that makes us proud when we see children embracing the opportunity to go to school; and that inspires us to demand more from ourselves and our leaders, when we see the most vulnerable communities stand strong in the face of inequality and injustice.

It is this love that causes us to stand up and walk alongside our most marginalised sisters and brothers as they courageously build a brighter future.

**Welcome to the P&F 2016**

Welcome back to the start of another school year. A very big welcome to all the new families who have joined our school community this year. Firstly, I would like to remind all families that this Friday night is the P&F welcome to the school year for all families in the school grounds, from 5.30pm to 7.30pm. We hope to see a lot of you there. Secondly, some important information for you all, especially our new families.

**This year’s P&F Committee includes:**

- Peta Evans  President
- Christina Gatti  Vice President
- Tracy Duffy  Secretary
- Joanne Da Silva  Treasurer

**The Class Representatives for 2016 are:**

- Pre Kindy  Janine Bennett
- Kindy  Kim Garces & Joanne Da Silva
- Pre Primary  Michelle Wilshaw & Rachael Roach
- Year 1  Maria Berardis & Sonja Whimp
- Year 2  Elena Formato & Sara Fernando
- Year 3  Lorena Shepherd & Christina Gatti
- Year 4  Maria Berardis & Gina Arena
- Year 5  Chantal Robertson & Kim Garces
- Year 6  Rachel Pillinger & Patte Packey

We have an exciting year ahead with already some of the classes locking in their class fundraising activities for this year. More information will come out in the newsletter as these activities draw closer.
P&F Meetings
We will continue as we did last year and there will only be four meetings for the year, one per term. These meetings will be held on a Tuesday at 7pm at the school and once dates have been confirmed your class reps will let you know. We hope to see many new faces at the meetings this year.

Facebook
Don’t forget to like us on Facebook. “St Pats Fremantle Parents and Friends”. We do try to communicate via a few mediums in order to capture as many families and friends from the school. We will always post events and important messages on here.

Social Activities:

Hot Summers Night – This Friday in the school grounds from 5.30pm to 7.30pm. Enjoy the sounds of the wonderful duo “Beats Working”. Wood fired pizzas for $15 will be on sale. Bring along some drinks, picnic blanket and chairs and enjoy the night.

St Patrick’s Day Celebration – Watch out in the next newsletter for more information on this.

School Disco – The school disco will be held on Friday 1st April in the Parish Hall. Pre Primary to Year 3 will be held from 4.30pm – 5.30pm. Dinner will be served to all children at 5.30pm. Year 4 to Year 6 will run from 6.15pm to 7.30pm. Cost is $5 which includes a sausage sizzle and drinks. Notes will come out in class closer to the event.

We are looking forward to another great year.

Peta Evans
P & F President (on behalf of the P&F Exec Committee)
New Mothers’ Group

New ELLEN HEALTH Pregnant and New Mums n Bubs support group....

We are pleased to advise that Ellen Health will host a mums and bubs group starting:

Tuesday 9th Feb, at the MEETING PLACE, 245 South Terrace (corner Jenkins Street), South Fremantle. 11.30am to 12.30pm.

Come along for a cuppa, chat and share. No cost, but feel free to bring along a snack or plate to share if you like. All local mums are welcome. Even if you don't attend Ellen Health, you are welcome to come and meet other new mums. This is a community support initiative.

Each week a member of the Ellen Health team will come along to facilitate.

(This will initially run for 6 weeks in Term One of the school term, starting Tuesday 9th Feb.) Enquiries to Ellen Health 9239 0200 or support@ellenhealth.com.au

Iona Scholarships

In 2017 the following scholarships may be offered at Iona Presentation College:

- **Sr Alacoque Gittins Academic Scholarship** - a minimum of two (2) academic scholarships will be awarded to incoming Year 7 students.

- **Sr John Jones Academic Scholarship** - a minimum of one (1) academic scholarship will be awarded to a student entering Year 10.

- **Sr Joan Evans General Excellence Scholarship** - a minimum of one (1) scholarship will be awarded to an incoming Year 7 student.

- **Ionian Past Pupils Association (IPPA) Scholarship** - a minimum of one (1) academic scholarship will be awarded to an incoming Year 7 student, who is the daughter / stepdaughter / granddaughter of a Past Pupil.

There are also a number of Music Scholarships on offer at Iona Presentation College. Scholarships are awarded for both Musical Excellence and Musical Aptitude. When a scholarship is awarded for Musical Aptitude, the instrument to be learnt will be designated by the Head of Music. Beginner students are also encouraged to apply for a Music Scholarship.

Please visit [http://www.iona.wa.edu.au/enrolments/scholarships/](http://www.iona.wa.edu.au/enrolments/scholarships/) to find out more and to apply online.

Please note closing date for all scholarships is **27 February 2016**.

Hot Shot Tennis

Term 1 Before School Hot Shot Tennis Coaching -

Commences Wednesday 10th February : 7.30-8.15 am

(8 week Program—all ages and levels of play welcome)

To enrol please contact Brendan on 0401 565 051 or fremantletopspintennis@gmail.com

We take late enrolments if you miss the first week.