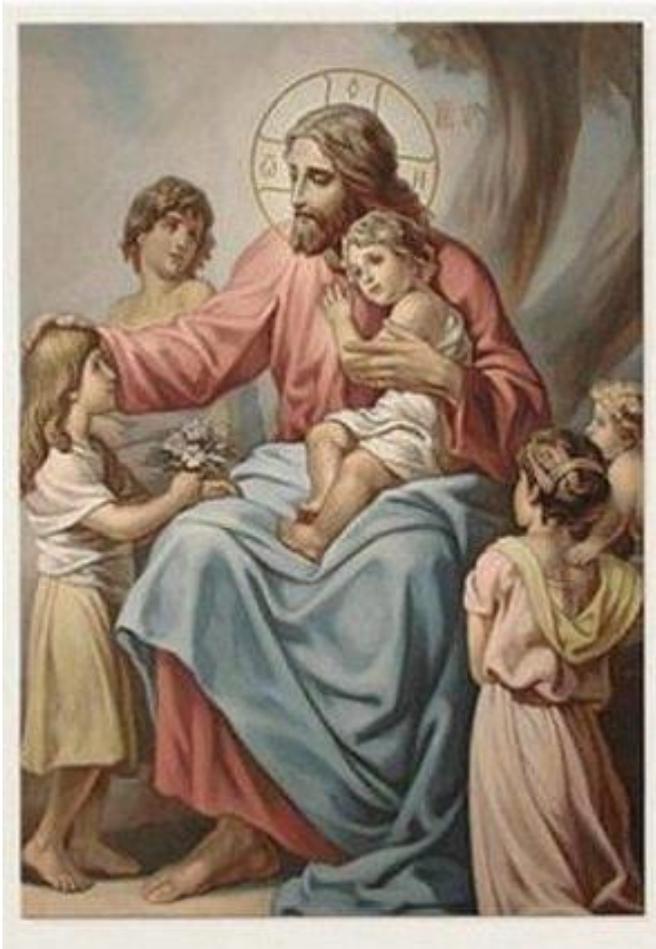




Newsletter No. 28

15 September 2021

The vision of St Lawrence Catholic Primary School, Balcatta is to share the message of God's love and friendship in a community of learners, developing the full potential of each child.



You are the giver of all we possess, the source of all our blessings. We thank and praise you.

Thank you for the gift of our children.

Help us to set boundaries for them, and yet encourage them to explore. Give us the strength and courage to help our children come to know you in all we say and do.

May our children come to know you, the one true God, and Jesus Christ, whom you have sent.

May your Holy Spirit help them to grow in faith, hope, and love, so they may know peace, truth, and goodness.

May their ears hear your voice.

May their eyes see your presence in all things.

May their lips proclaim your word.

May their hearts be your dwelling place.

May their hands do works of charity.

May their feet walk in the way of Jesus Christ, your Son and our Lord. Amen.

Inspiring Christ-Centre Leaders

What a huge week we had last week. Our Sports Carnival was a resounding success. It was lovely to see so many families attending and celebrating this wonderful day. I was so proud of all our boys and girls who participated with joy and demonstrated such superb sportsman ship. I must acknowledge the wonderful work of Mrs Major, it's no small feat to coordinate a day like Friday and Mrs Major does it with ease and calmness and always with a beautiful smile on her face. May I also extend a heartfelt thank you to all the parents and community members who helped in any way. I won't add any specific names or then I would have to add all, and I would not want to miss anyone out. Instead to each and every one of those who gave of their time and talents may I extend a sincere thank you and my heartfelt gratitude.

Speaking of outstanding events, I know all who attended the P&F Quiz Night would agree it was a sensational gathering, a beautifully orchestrated evening and so much fun. I was blown away at the smoothness of the evening, the wonderful presentation of the room, the exceptional food, the quiz master who even said the St Lawrence crew were the best! I must agree.... well done to all the P&F for organizing such a sensational night.

Further to this the monies raised by the hard working and dedicated P&F all go back to supporting our boys and girls, they have kindly committed to supporting the Early Years playground. We are in the planning stages of this and are looking at replacing all the play equipment and updating the playground. Fingers crossed this will happen over the holidays. So, a huge thank you and our sincere gratitude to our marvelous P&F and for the wonderful event and turn on last Saturday night. I also thank all who came along and supported and enjoyed the evening, it really was a standout night!

Catholic Schools of Excellence

LOSING WELL

Children enjoy competing in contests like sporting events and sometimes there is a prize they really want to win. However, not everybody can win at once, and it can be very upsetting to a child when the inevitable time comes that they are not the winner. Although it may seem impossible, there are ways to make them feel better about it.

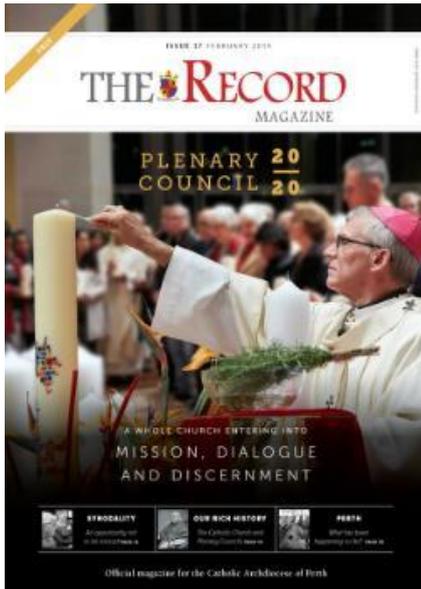
1. **Congratulate your child for competing in the first place.** Tell them that you're impressed at how well they tried.
2. **Encourage them to congratulate the winner.** Remind them that whoever won is as happy about it as they would have been.
3. **Reward them in some other way like taking them out for an ice cream or letting them pick the nights meal.** While you don't want to spoil them, rewarding them for competing can be an effective way to show them that you still think they're a winner for having a go.

Things to avoid

- Don't trivialise the situation by saying something like "it's just a game". That might help put things in perspective, but it doesn't help bruised feelings.
- Don't punish your child for being upset or accuse them of being a poor loser. Children just want to do well at everything they do. Let them work through their feelings and get over it.

Do not lose sight of the fact that it's not bad to lose. Losing teaches many valuable lessons. Everyone can't be a winner every time and children need to learn this. Helping them through a defeat will help them face the next challenge with confidence they can cope with the outcome. These same strategies also apply across the curriculum areas, student leadership undertakings and life in general. Much research abounds that our young people are lacking in resilience, and this is adversely impacting their development in adolescence and into adulthood. We learn resilience in many ways. One way is by experiencing lose, especially in healthy competitions or a controlled environment like a school. Nobody wants to see a child upset, but by experiencing lose in a safe environment and supported, where they can be helped to understand how to respond appropriately in a positive manner, we ultimately add to the children's toolbox of life skills. Losing in competition enables a child to be resilient, getting up on their feet and trying again. Small experiences of losing for children help them understand that they can cope with it. We need these skills as we grow older. All adults will experience lose and we need to have learnt these skills while young and have them firmly in our toolboxes to support us in our daily lives.

Catholic Pastoral Communities



Local news from across our parishes, agencies, schools and organisations can be delivered weekly directly to your inbox via *The eRecord*.

It contains the latest news, events and photos from the Archdiocese.

Parishes receive a PDF copy of the e-newsletter to print off and distribute for those who don't have or don't use email. Subscribe to the e-newsletter by sending details to communications@perthcatholic.org.au.

Further info: Jamie O'Brien 08 9220 5900.

http://www.perthcatholic.org.au/News_Events-News.htm

Accessible, Affordable and Sustainable

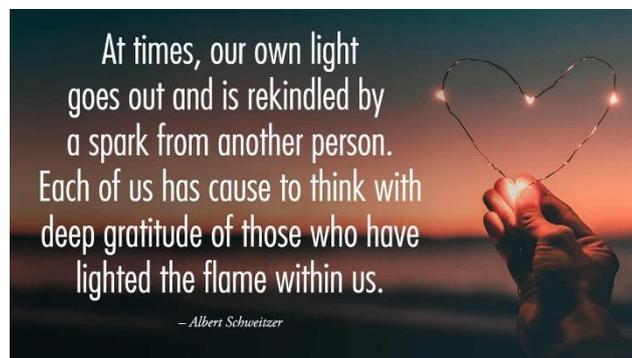
Students not returning in 2022

Student positions at St Lawrence Primary School are highly sought after in the community. If you are not returning to St Lawrence's in 2022, please notify the office as soon as possible. This allows us the chance to offer positions to families on our wait lists.

God bless each and every one of you



Sheldon Carey
M Ed, B Ed, Grad Dip
Principal



PASTORAL CARE



*We pray for all the children in our community.
Children are the hope of the world.
Loving them as they grow sets a
Foundation of the Loving World.*



CALMING ANXIETY

Anxiety can cripple your day. Calm anxiety by trying intentional acts of calm.

Reframe. When you feel overwhelmed, ask yourself, *What is a different way of looking at my situation?* Doing this is a key step toward regarding yourself as a capable problem-solver.

Get outside. Take a walk. If you're walking with a dog, that will help you get out of your own head.

Hydrate. Water facilitates the delivery of nutrients to the brain, removes toxins and inflammatory markers, and improves cognitive functioning.

Do push-ups. A short burst of physical exertion releases nervous energy.

Visualise an admired person. What would they do?

Use the Pomodoro technique. Work in 25-minute chunks followed by 5-minute breaks, and after four cycles, take a 15-20-minute break.

Insert a mindful buffer. Between work and home, spend a few minutes in silence to make peace with what's happened during the day. Then take a few cleansing breaths before switching gears with presence and intention.

Clear clutter. This is especially helpful just before going to bed.

Read hard-copy news. On-screen news feeds are distracting and provoke anxiety.

Make a fun plan. Thinking about a get-together with people who are good for your mental health creates positive anticipation.

Accept anxiety. Sometimes letting go of the need to control outcomes leads to greater acceptance of your circumstances.



FROM THE ASSISTANT PRINCIPALS

ASSEMBLY

Our Environmental and Sports Leaders will present at our assembly on Friday and merit awards will be distributed. Parents of children who are receiving a merit award are welcome to attend the assembly.

SWIMMING LESSONS



We have been advised by Terry Tyzack Aquatic Centre that Swimming lessons will not be able to take place at the centre this year due to maintenance works. Swimming lessons will now be held at Balga Leisure Centre in weeks three and four of term four. There will be no swimming lessons on Wednesday 3 November as it is the Interschool Carnival on this day. Extra time has been added to each swimming lesson to make up for the missed lesson.

NAPLAN RESULTS

Parents who have children in either Years 3 or 5 will receive their child's NAPLAN results this week. Please note that NAPLAN is only one of the assessments we use at St Lawrence. All children complete numerous assessments throughout the school year and it is through the analysis of all this data that teachers tailor their programs to accommodate the needs of the children. NAPLAN does, however, provide valuable data about how we as a school are progressing compared to other schools. We are also able to track children's progress longitudinally by comparing results across the assessment years. This student data can highlight areas of both success and a need for improvement in our school.

CONFIRMATION

Our Year Six students will be receiving the sacrament of Confirmation on Saturday 23 October at 4pm. Please keep the candidates, their families and teachers in your prayers during this special time. All parents are expected to attend two meetings, a parent meeting on Wednesday 22 September at 7pm and a Family Workshop with their child on Wednesday 13 October at 5.30pm or 7.00pm. The meetings will take place in the hall.

On Thursday 23 September at 10am the Year 6 students will be having their Graduation photo taken. The Year 6 will need to be in full winter uniform with their graduation jacket. They will be able to change into sports uniform after the photo.

TERM DATES

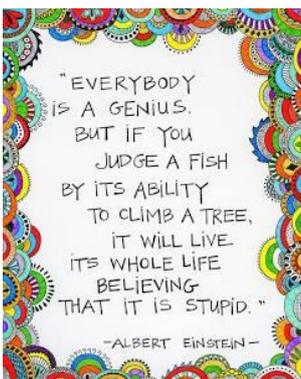
Term Three ends Friday 24 September

Term Four 2021

Monday 11 October - Student Free Day

Tuesday 12 October - Students return to school

Term Four ends Friday 10 December



*Mrs Gabrielle Brennan & Miss Kathleen Tranquille,
Assistant Principals*

CLASS NEWS

YEAR THREE

The Year 3 students had a magnificent day at Scitech. We learnt how hot, dry and windy conditions can create the perfect firestorm. We went on an amazing Moonbase One adventure in the Planetarium to gain an understanding of our cosmic neighbour, and learnt about the behaviour, influence and importance of our beautiful Moon. Thank you to all parent helpers who volunteered for this excursion. Our focus in Religion for the next couple of weeks is Prayer. We will be covering these content descriptors:

- People appreciate the beauty and wonder of creation
- God reaches out to people through creation
- Jesus teaches his followers to pray
- Christians follow the example of Jesus and pray in many ways
- Christians make time for God when they pray

In maths we will continue to investigate fractions by partitioning areas, lengths and collections to create halves, thirds, quarters and fifths and locating unit fractions on a number line. Please revise fractions at home to reinforce these concepts.



Miss Kathleen Tranquille, Year Three Teacher

YEAR FOUR

This term is just flying by! I cannot believe we are almost at the end. The Year 4s had so much fun on our excursion last week to The Perth Mint. We learnt about the history of the Australian coining process, watched how a 6kg gold bar is made and even got to weigh ourselves to see what our value would be in Gold!

We have been learning about the Rosary and the different elements it contains. We also looked at the different Mysteries of the Rosary; *joyful*, *luminous*, *sorrowful* and *glorious* and what each mystery is about.

In Literacy, we have been looking at poetry and identifying what poetry is, the different types of poems and elements in a poem. We have also been enjoying reading *The Wishing Chair* and the many adventures the story tells.

We have been conducting research about the different endangered and extinct animals of Australia. We created our own rescue plan on an endangered animal that we would like to save. In particular, we have been looking at the Koala - a native animal of Australia that relies on its natural habitat to survive.



Miss Kayla Fogliani, Year Four Teacher

YEAR FIVE

The Year Fives had a wonderful time at the RAC Imagine Program last Tuesday. We did lots of different activities including coding, learning about the Old Mill, going on a 'virtual reality' helicopter rescue, designing and creating different modes of transport and going for a ride in the driverless Intellibus. A big thank you to Mrs Fazari for her help on our excursion. Well done to all the Year Fives for their wonderful efforts and excellent sportsmanship during our Sport Carnival on Friday. I can't wait to see you all as our leaders next year. On Friday we are going to Servite College to complete some Harmony Activities with the Year 8 students. Thank you to all the parents who attended the Zoo Camp Parent Meeting yesterday. All medical forms and permission slips need to be returned by Friday 17th September. Many students are without a whiteboard marker. Could all parents please ensure that their child has a whiteboard marker so that learning activities can be completed. Have a great week.



Mrs Roselyn Pizzino, Year Five Class Teacher

YEAR SIX

Our Year Six students showed admirable organisational and leadership skills at the Faction Carnival. It certainly made the day flow easily, while the cheering provided competitors with plenty of encouragement.



Confirmation

We are well into our Confirmation program. We will be blessed to have Bishop Emeritus Justin Bianchini administer the sacrament to the students on Saturday 23rd October. Their saint's poster and booklet are due for oral presentation this Friday. The official parish card will be sent home for completion as soon as school returns in Term Four. The Parent Meeting for all Confirmation Candidates will be at 7pm, Wednesday September 22 in the School Hall. The Sport and Environment Leaders will be presenting the Assembly this Friday.

Graduation Photos

Next week on Thursday 23 September at 10am the Year 6 students will be having their Graduation photo taken. The Year 6 will need to be in full winter uniform with their graduation jacket. They will be able to change into sports uniform after the photo.

Graduation Liturgy & Dinner

Will be held on **Wednesday 8 December 6pm** in the School Hall.

Mr Phil Haydon Year Six Teacher

LIBRARY NEWS

During this term, Year 2 have been looking at traditional stories in the form of fables. Fables were first used in story form by Aesop in ancient Greece, over 2,000 years ago. The children have been listening and responding to these stories in a variety of ways. As a final activity, the children are working with a partner, using finger puppets to create their own fables. They will be performing these during their library time next week, thus learning to be actor and audience at the same time.



Mrs Jane Stanton, Teacher Librarian

SPORTS NEWS

Congratulations to everyone for the success of the faction carnival last Friday.

The day ran really smoothly and that was thanks to the efforts of our whole school community:

Students, teachers, parents, volunteers, admin staff, canteen staff, groundsman and even ex-students. Everybody enthusiastically made their contribution to ensure the day ran seamlessly and I am so grateful for the combined efforts. It really does make my job so much easier.

The weather was beautiful, and the students demonstrated some great skills but more importantly, the sportsmanship on display was most commendable. Our Year 6 students did a great job getting the

students organised for their races and promoted team spirit with encouraging cheering.

Congratulations to Red Faction and Gold faction for winning the trophies this year.

We are now busily preparing for the Interschool Carnival on Wednesday 3rd November at HBF Arena, Joondalup.



Mrs Claire Major, Physical Education Teacher

UNIFORM SHOP NEWS

SUMMER UNIFORM

Year 1 to Year 6 students return in Term Four in full summer uniform. The last day the Uniform Shop is opened this term is Thursday, 23 September from 2.30pm to 3.30pm.

The Uniform Shop is closed during the school holidays and re opens on Wednesday 13th October. Uniforms may be purchased directly at the Uniform Shop.

Please contact me if you are not able to come in to purchase uniforms before the end of term, on Angie.miola@cewa.edu.au to arrange uniform orders for collection. Orders forms are available at the school office and on the school website.

KINDY STUDENTS 2021

Please note that a compulsory uniform is required for commencement to Pre-Primary 2022.

Details will be sent by email in late October to all Kindy families with all uniform requirements.

FACTION T-SHIRTS

Faction T- Shirts may still be worn on sports days until the end of term.

Yellow Polo Shirts are to be worn in Term 4 for all students in Pre-Primary to Year 5 and Year 6 in their Leavers Shirt.

PRE-PRIMARY STUDENTS 2021

Pre-Primary families have been sent an email on Thursday 2nd September in regard to uniform requirements for students commencing Year 1, 2022.

Please place your uniform orders before the end of this term. Any enquiries please do not hesitate to contact me on Angie.miola@cewa.edu.au or visit the Uniform Shop to arrange sizes for your child. Orders are then packed. Payment is required at collection by mid-November.

BOYS RED RUGBY SHORTS

Please note that the boy's red rugby shorts were discontinued at the beginning of this year.

Red Microfibre Sport Shorts are available and are compulsory to wear in Pre-Primary to Year 6 for commencement of school in February 2022. RED RUGBY SHORTS are NOT to be worn in 2022.

Uniform Shop Opening Hours

Wednesday 8.30 am to 9.30am and Thursday 2.30pm to 3.30pm

Mrs Angie Miola, Uniform Shop Manager

CANTEEN NEWS

THANK you to our helpers last week, in anyway. We could not have done it without so many wonderful helpers.

CANTEEN ROSTER

This week is Year 1. We have a helper for Thursday, help is needed for Friday.

Next week is Year 6 rostered date. However, we always welcome help for just a few hours on the Thursday or Friday. Please let me know ASAP (0408834774)

SPECIAL MENU – Last day of term

Hot dogs, Sausage Roll, Pie, Nuggets, Strips or Toasties all available and add a Glee drink for an extra \$1 and why not add a froyo for an extra \$2. Please note these prices are only with a lunch order.

Birthday orders - Cupcakes, m & m cookies \$20 for the class or Brownies, Honey Joys, Icy poles \$15 for the class - please pre order at least one day in advance. Thanks everyone for your support.

Christina, Fran and Antonella