



Newsletter No. 25

20 September 2023

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.

Everything I need to know about life, I learned from Noah's Ark...

1. Don't miss the boat.
2. Remember that we are all in the same boat.
3. Plan ahead. It wasn't raining when Noah built the Ark.
4. Stay fit. When you're 600 years old, someone may ask you to do something really big.
5. Don't listen to critics; just get on with the job that needs to be done.
6. Build your future on high ground.
7. For safety sake, travel in pairs.
8. Speed isn't always an advantage. The snails were on board with the cheetahs.
9. When you're stressed, float awhile.
10. Remember, the Ark was built by amateurs; the Titanic, by professionals.



No matter the storm, when you are with God, there's always a rainbow waiting.



As we close Third Term 2023, I keep you all in my prayers. I thank the boys and girls for their hard work and dedication to our wonderful school. I am deeply grateful to all our staff for their solid work and diligence, and I am appreciative to all our school families for your ongoing support and commitment to our school. I pray you all have a restful holiday, that you all remain safe and healthy and that you return in Term Four, renewed and rekindled. God's blessings to you all.

Inspiring Christ-centred Leaders.

I wish to thank all involved in our Sports carnival last Friday. I was absolutely impressed by all our students. I have received email correspondence from community members congratulating me on the day, which is always delightful to receive.

Thank you to Mrs Major and all staff and community members for their support and service on this day. Mrs Major coordinated a well-run and incident free event. Our boys and girls were exceptional, and I personally witnessed many examples of sportsmanship and Making Jesus Real. Thank you to all the parents and family members who attended and a special shout out to all those who helped with the tents, setting-up and packing away. A big thank you to those who volunteered as judges or coaches throughout the term and supported where and when they could.

This week I will be attending the Catholic Primary Principals Conference from Tuesday to Friday. Both our Assistant Principals will also attend on Wednesday. The conference is designed to support school leadership by enhancing our knowledge of current trends and studies in education that will benefit our school.

Catholic Schools of Excellence.

Last Wednesday, several of our Year Six students attended Parliament House on the invitation of Hon. David Robert Michael MLA, Minister for Ports; Local Government; Road Safety; Minister assisting the Minister for Transport. The children went on a personal tour of Parliament House and then enjoyed a lovely lunch in the dining room. I was very proud of our student representatives. They asked outstanding questions and represented our school community extremely well.



During the school holidays, as previously reported, the tree located at the front of the library will be removed. We have had several arborists complete a tree audit, which is part of our risk management processes. This tree has been identified as posing a potential hazard to the safety of our community and is also undermining the structural integrity of our building. So, after much consideration, the decision was made to remove the tree. Several other trees will be pruned and shaped to maintain their safety, as well. It is my intention to replace this tree with other trees in more strategic locations.

Catholic Pastoral Communities.

How Are Energy Drinks Dangerous?

To begin with, there is a potentially dangerous misconception about sports drinks and energy drinks. Sports drinks are used for the purpose of rehydration after working out and contain no caffeine. While neither beverage is recommended for children due to high sugar levels, energy drinks are far less healthy. Why? Because they contain high amounts of additives such as caffeine, taurine, guarana, ginseng, L-carnitine and yohimbine.

Energy drinks have increasingly become a source of caffeine overdoses, according to a comprehensive study published in *Pediatrics*. Too much of these stimulants and chemicals can cause dependence, dehydration, insomnia, heart palpitations and/or an increased heart rate in both children and adults. But in children, these symptoms are often even more extreme. Consuming energy drinks is simply not recommended for children.

No matter how popular they may be, there is no safe amount of energy drinks that a child can consume. Please refrain from sending your children to school with energy drinks as they are not needed. They will be removed from the children and sent home at days end. Thank you for supporting our endeavours to keep all our children healthy and safe.

Accessible, Affordable and Sustainable.

Children will return to school in their summer uniform. We always give a two-week period of grace to allow for new purchases and the option of the warmer uniforms should the weather still be cool. Thank you for supporting our uniform procedures. A reminder that haircuts should be of a conservative nature at all times.

Preparations for the **2024 Pre-Kindergarten Class** are well underway. If your family, or a family you know of, is interested in our Pre Kindy programme for next year (2024), please make contact with the School Office. (places are limited to 20 students).

God's blessings to you all and Happy Holidays



**Mr Sheldon Carey. M Ed, B Ed, Grad Dip
Principal**

Learning at Home Tips:

Things to do during the holidays...

1. Make an ant farm.
2. Bake cupcakes.
3. Make a cubby house under the table.
4. Invite friends over to play.
5. Make homemade pizza.
6. Make an inside obstacle course with cushions, pillows, boxes, chairs and blankets.
9. Ice biscuits.
10. Play dress ups and do a play.
11. Make a themed play space.
12. Go on a colour hunt in your house. Collect objects of a certain colour and take a picture of your finds to make a collage.
13. Buy a notebook and get the child/ren to write a school holiday diary (or draw pictures every day for young children).
14. Reorganise the children's room (with their help).
15. Make lunch together.
16. Write a letter to someone.
17. Hang a sheet from a tree to make an outside cubby house.
18. Fly (cut to length) crepe streamers in the wind.
19. Eat outside.
20. Do general gardening or plant a vegetable or herb garden.

FROM THE ASSISTANT PRINCIPALS

It is hard to believe that we are approaching the end of Term 3. We have had an incredibly busy term with so many wonderful experiences and opportunities for all our students. From our Year 6 Camp to Science Week, Book Week, Performing Arts Festival, Cross Country Carnival, Sports Carnival, Holy Communion, Father's Day Breakfast, Religious Literacy Assessments... and everything in between. We are so fortunate to have such a dedicated and committed staff who work tirelessly to offer all these opportunities for our students. Thankyou also to all our Parents and Guardians for your ongoing support.

ST LAWRENCE SPORTS CARNIVAL

It was wonderful to see all our children actively participating in the Sports Carnival last week. A huge thankyou to Mrs Major who did an amazing job coordinating this day. This event enables the students to come together, try their best and work cooperatively as a faction. It is an opportunity for students to demonstrate some of the skills they have learned in Sports lessons and to encourage and support their teammates. It is also a great way for our Year 6 students to show the responsibility they have developed as leaders by assisting Mrs Major in preparing each student for their events. There is a tremendous amount of work that goes into making carnivals run smoothly. Thank you to the many parents/carers, who attended and to the staff, parents and carers who helped to set up on the day, volunteered for roles during the day and stayed behind to help pack up at the end of the day.



STAFF DEVELOPMENT DAY

The staff at St Lawrence will participate in a Staff Development Day on Friday 22 September. One of our school improvement goals is to embed our Core Values of Joy, Courage and Unity within our school community. Deacon Mark Powell (Director of Religious Education at Catholic Education WA) will lead the staff in exploring our core values and their connection to the values found in Gospel writings and to the Charism of the Mercy Order, our founding staff members of St Lawrence Primary School. Staff will explore the practical application of these values in the school and what it would look like, sound like and feel like, if these values were embedded.

Reminder - PUPIL FREE DAY on Friday 22 September

SUMMER UNIFORM

All students will be required to wear their summer uniform from the commencement of Term 4. It is important that the students wear the full uniform as per the guidelines below.

Girls

- Regulation blue dress, with white collar
- Black school shoes with white school socks or dark blue school sandal
- St Lawrence school hat
- St Lawrence school bag
- St Lawrence library bag

Boys

- Regulation grey shorts
- Regulation blue short sleeve shirt with school crest on pocket
- Black school shoes with grey school socks or dark blue school sandals
- St Lawrence school hat
- St Lawrence school bag
- St Lawrence library bag

Sport Uniform

- Red shorts/skorts
- Yellow polo shirt
- Navy blue track jacket
- Navy blue track pants
- Black sport shoes with white sport school socks

HAPPY HOLIDAYS

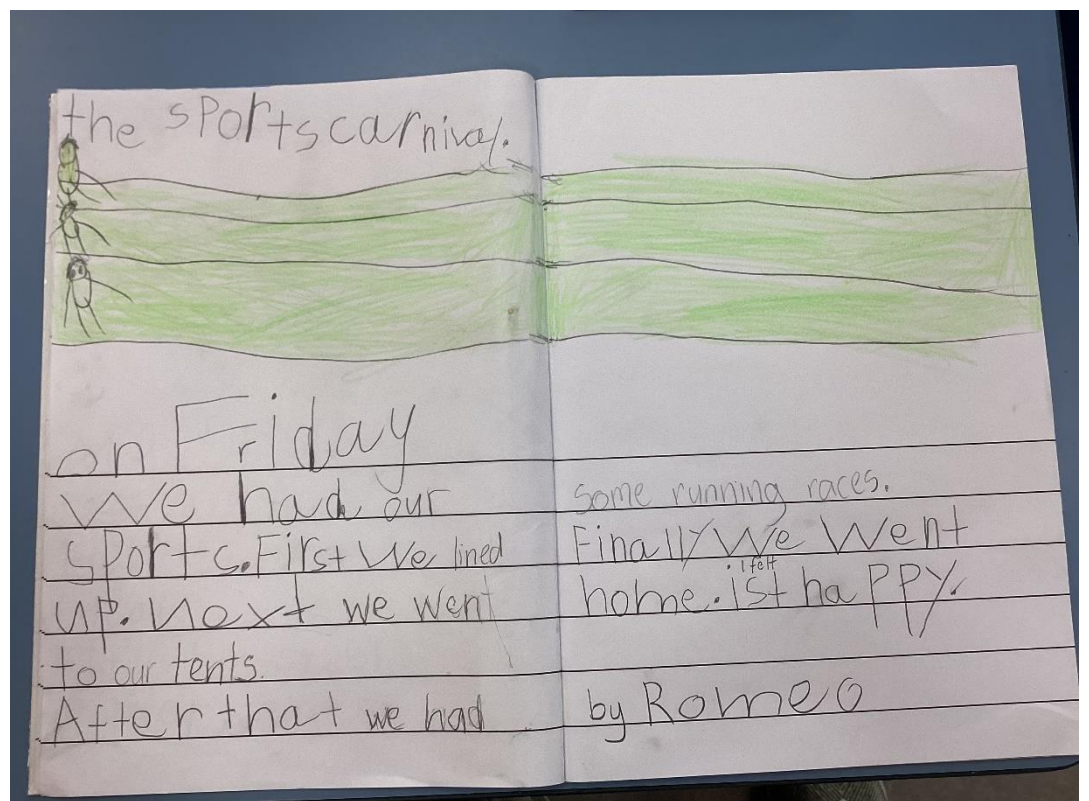
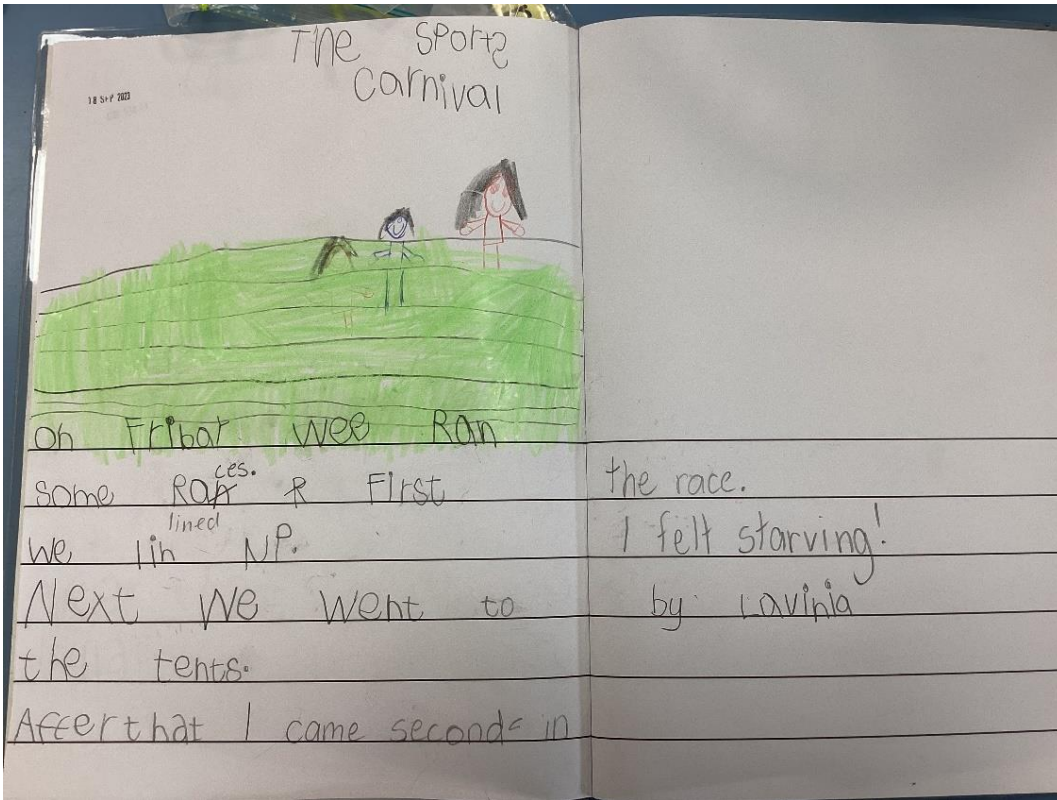
We hope everyone has a relaxing holiday break and returns recharged for the final term of 2023. Term 4 commences for students on Monday 9 October.



*Mrs Gabrielle Brennan & Ms Kathleen Tranquille
Assistant Principals*

LEARNING IN PRE PRIMARY

Our Pre Primary children have been writing a recount about our Sports Carnival...and these are just too good not to share...



PLAYGROUP

We have had another great term in play group and enjoyed playing outside in the sunshine. If you'd like to join us for play group in Term 4, email me at gillian.austin@cewa.edu.au for more details.



*Mrs Gillian Austin
Play Group Facilitator*

SPORTS NEWS

SPORTS CARNIVAL

Congratulations to all students who participated in the faction carnival last Friday. Everybody performed so well and there was a great atmosphere of friendly competition and fun. I was very impressed with the sporting attitudes that were displayed throughout the day, with students congratulating other students and cheering on all competitors regardless of the faction. We are so lucky to have such a supportive group of parents, who always help make the day an enormous success by volunteering their time to help with the smooth running and organisation. I am so very grateful and really couldn't do it without you.

A special mention to all our Champion and Runner-up medal recipients, and a big congratulations to the winning Gold faction for a fantastic team performance and to Red faction for their fantastic energy and sportsmanship.

Next term, we start training hard for Inter-school which will be held on Wednesday 15 November. Keep training through the holidays!

Go St Lawrence!!





*Mrs Claire Major
Physical Education Teacher*

UNIFORM SHOP NEWS

SUMMER UNIFORM

Students commence Term 4 in Summer Uniform for Year 1 to Year 6. Pre Primary students remain in their sports uniform. Early childhood red T-shirts are available for purchase for Pre Kindy and Kindy students. Please purchase summer uniforms required before end of this term. The last day for the Uniform shop to be open this term is Thursday 21 September from 2.30pm to 3.30pm. The uniform shop is closed over the school holidays.

GIRLS SKORTS

Girls Red SKORTS are discontinued and are no longer available to purchase. They have been replaced with the Red Microfibre Sport Shorts. Skorts may be worn for the rest of this year, however, commencing Term 1, 2024, it will be compulsory for all girls to wear red Microfibre sport shorts. Skorts are not allowed to be worn in 2024.

Please do not hesitate to contact me on angie.miola@cewa.edu.au for any uniform enquiries. Order forms are available on the school's website and from the school office.

Uniform Shop Opening Hours:
Wednesday 8.30am to 9.30am & Thursday 2.30pm to 3.30pm.

Happy Holidays to all Families!!

Mrs Angie Miola
Uniform Shop Manager

CANTEEN NEWS

LAST DAY OF TERM 3

Please note: We have a reduced menu for Thursday, our last day of term three. Please see attached. No need to pre order as this is just an amended menu.

ONLINE & PRICE INCREASES

We are looking forward to going online next term and hope this is more convenient for parents. We will still be accepting cash in lunch bags at the canteen.

Unfortunately, due to rising costs from suppliers, we will have to increase our prices, as of Term 4, on some items. The menu will be updated shortly and sent out in due course.

Thank you for your continued support and have a lovely break.

Christina and Fran - Canteen Staff

Last day of term 21/9/23
Menu
Chicken nuggets (5) \$4
Chicken Strips (2) \$4
Toasties Cheese \$3.50
Ham & Cheese \$4
Tuna or Chicken Cheese and Mayo \$4.50
Chicken strip Wrap \$4.50
Butter Chicken (gf) \$5
Vegetarian Fried Rice (gf) \$5
Lasagne \$4.50
PIC•COLLAGE

P&F NEWS

CAN YOU HELP!



The P&F are holding a fundraising sausage sizzle at Bunnings Balcatta on 21 October. We are in desperate need of helpers. Please contact Laura Siciliano to nominate your time (only 1.5 hours on the day). Please click on the link below and add your name to the roster. Many hands make light work.

[P&F Bunnings Sausage Sizzle Sign Up Sheet](#)

We are also in need of donations of soft drink cans and water bottles to sell on the day. If you would like to donate a carton of soft drink or water bottles, please bring them to Lina at the front office.

We are also excited to announce that we are raising funds to replace the playground on the junior oval.



Mrs Natasha Raso, P&F President

****IMPORTANT NEWS****

Canteen – online ordering now available

From Wednesday **11 October**, our School Canteen will be accepting an alternative method of ordering.

We can now offer **online ordering for lunch orders and special orders**, to complement our existing class Canteen basket, cash ordering system.

Using the online system, canteen ordering, is fast, easy to use, no cash is required, and orders can be lodged in advance.

To register for this online ordering, follow the link, <https://www.quickcliq.com.au/>

Details and instructions on how to set up this service is at the end of this newsletter.

Orders will need to be placed **online by 7.45am** on day of request.

P&F Committee – Special ordering - Term 4 -Mondays & Tuesdays

Our P&F Committee have arranged for special lunch order availability from **Umberto's of Gwelup**, of **rolls and sandwiches** for **Mondays & Tuesdays** for Term 4.

Your order for these rolls and sandwiches, can only be done online <https://www.quickcliq.com.au/>

Orders will need to be placed **online by 7.45am** on day of request.

This menu is available commencing **Monday 9 October 2023**.

A sample of goods for Monday and Tuesday lunches are:



ASSEMBLY AWARD WINNERS

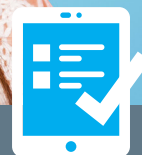




*Sign up & register
quickcliq.com.au*



*Add credit to your online wallet,
or pay as you go*



*Pay & place your order.
It's that easy!*

Smile. Ordering school meals online has never been easier

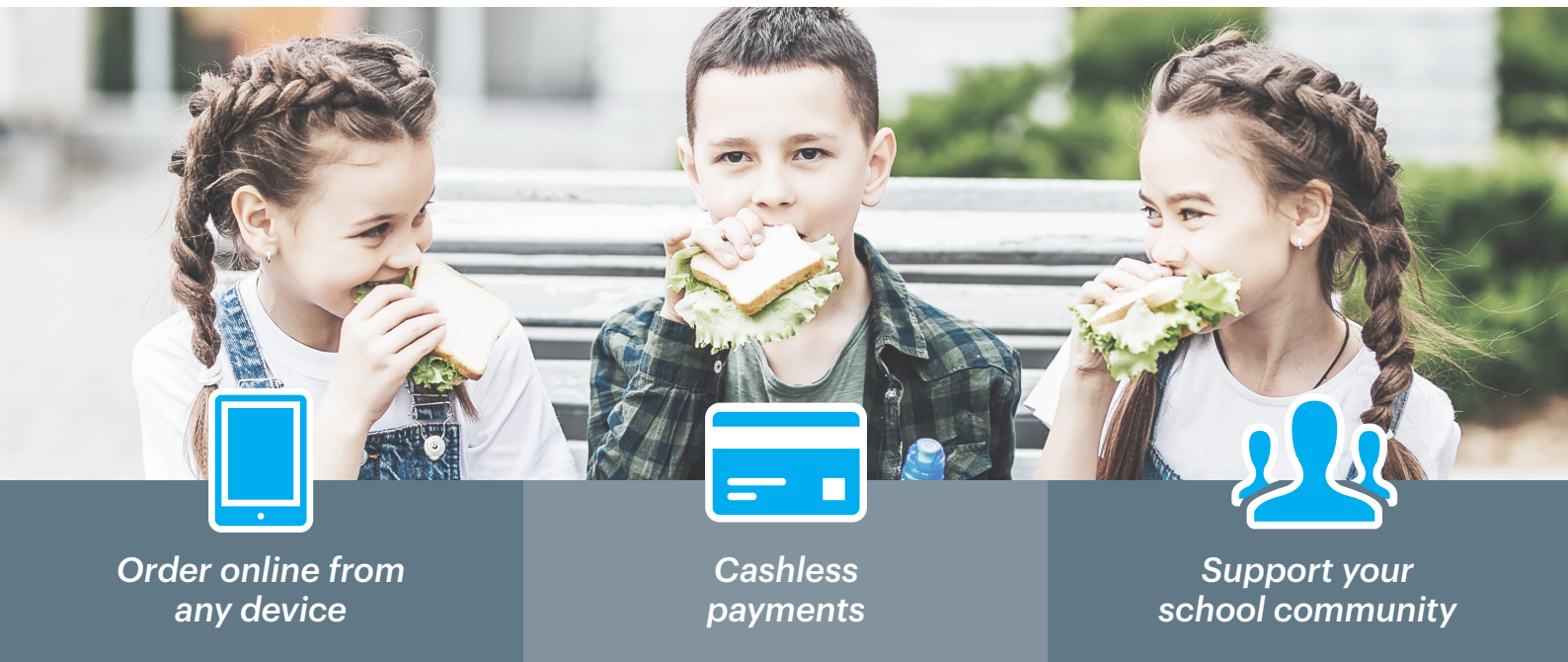
Convenient. Cashless. Contactless.

QuickCliq is a convenient online ordering system trusted by over 900 schools and thousands of parents across Australia. Let QuickCliq's practical solution help you manage your children's canteen orders from the comfort of your home, office, or on the go.

Register today



It's quick & easy



Getting started is easy. Simply scan the QR Code

- It's free to set up & easy to use.
- Register at quickcliq.com.au
 - **SIGN UP** & complete the registration form.
 - Receive a link via email to **ACTIVATE** your account before logging in.
 - **ADD STUDENT** (your child's details), select their school & save to your account.
 - **ADD CREDIT** to your online wallet before ordering or pay as you go using a credit or debit card.
 - Select **MEAL ORDER** & you're good to go.

Orders can be placed up to 28 days in advance. You can view your completed orders via the Active Orders or Transaction History tabs in your account.

Register today to discover the QuickCliq advantage

- ✓ Tired of scrounging around for loose change every morning before your kids run off to school? With QuickCliq, lunch money is a thing of the past.
- ✓ One family, one account – you will have one unique and secure login to manage all your children's orders, even if they attend different schools. QuickCliq saves you time and gives you complete visibility over your family's needs.
- ✓ QuickCliq is designed with mobile access in mind. Simply login to add credit to your online wallet, or pay as you go using your credit or debit card. All from the convenience of your smartphone or tablet.
- ✓ To top up your account you have three options; Direct Debit / Credit Card / PayPal.



Did you know your school is a QuickCliq school?

Sign up & register today at quickcliq.com.au to get started.



Support when you need it: Monday to Friday, 7.30am–4.00pm
1300 11 66 37 | support@quickcliq.com.au



Welcome to QuickCliq

ORDER YOUR CHILD'S MEALS ONLINE

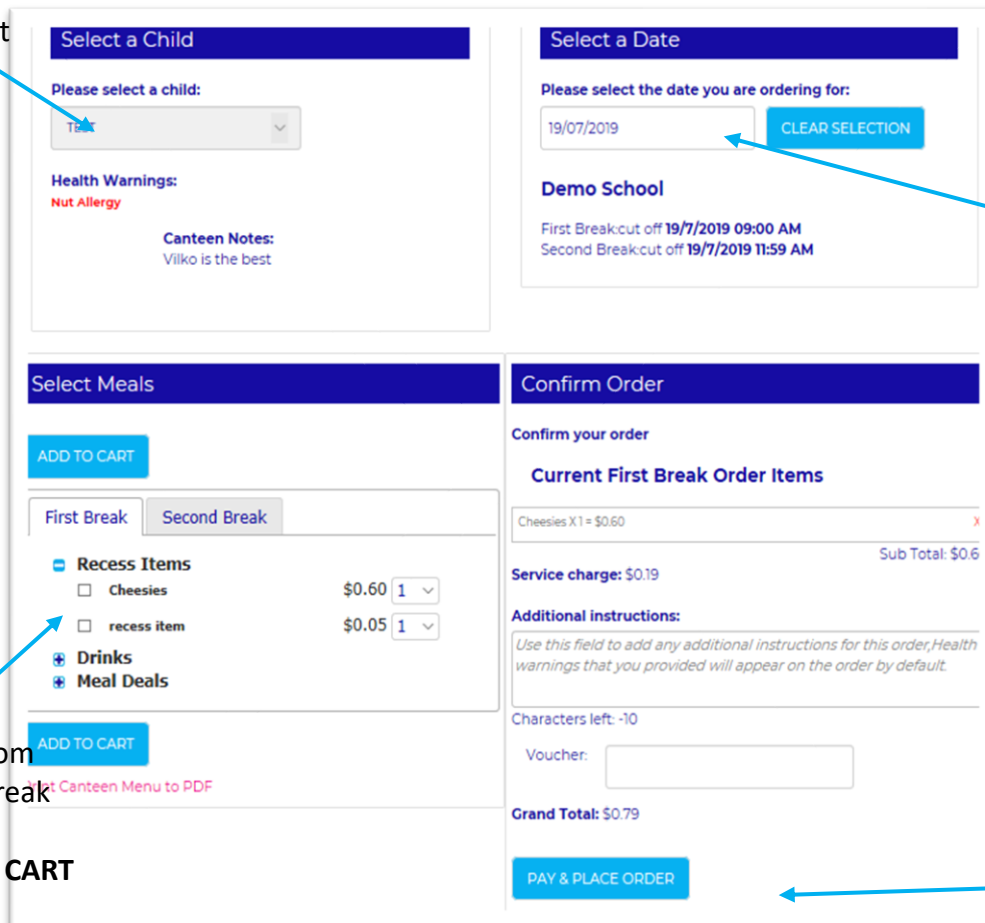
New to Quickcliq? SIMPLY REGISTER AT:
www.quickcliq.com.au

Select **SIGN UP** and fill out your details to register

Once you have an account, log in & select **ADD STUDENT** and enter in your child's details: Name, School, Year, Class & Teacher.

TO ORDER: Select **MEAL ORDER** from your account homepage.

Step 1 - Select Child



The screenshot shows the QuickCliq meal ordering interface. It is divided into four main sections: 'Select a Child', 'Select a Date', 'Select Meals', and 'Confirm Order'. Step 1 points to the 'Select a Child' section, which includes a dropdown menu for selecting a child, health warnings (e.g., 'Nut Allergy'), and canteen notes. Step 2 points to the 'Select a Date' section, which includes a date picker and a 'CLEAR SELECTION' button. Step 3 points to the 'Select Meals' section, which includes an 'ADD TO CART' button and a list of items (e.g., 'Recess Items', 'Drinks', 'Meal Deals') with their prices and quantities. Step 4 points to the 'Confirm Order' section, which includes a 'Confirm your order' button, a list of current items, a service charge, and a 'PAY & PLACE ORDER' button.

Step 2 - Select Date from drop down calendar

Step 3 - Select your items from the various break options
Click **ADD TO CART**

Step 4 - Click PAY & PLACE ORDER

PLEASE PLACE YOUR ORDER BEFORE THE CUT OFF TIME

If you need any assistance ordering online, please contact QuickCliq - 1300 11 66 37 or support@quickcliq.com.au