



Newsletter No. 27

1 November 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.

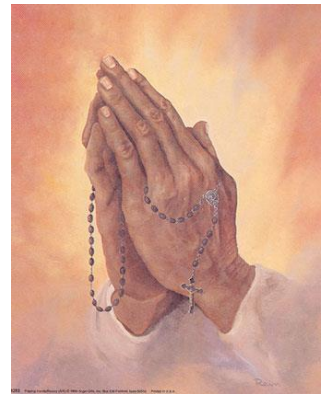
By tradition, the Catholic Church dedicates each month of the year to a certain devotion. In November, it is the Holy Souls, those faithful Christians who have died and gone before us.

Praying for the dead, especially for those we have known, is a requirement of Christian charity.

Let us all pray:

Eternal rest grant unto them, O Lord, and let perpetual light shine upon them. May the souls of the faithful departed, through the mercy of God, rest in peace.

Amen.



Inspiring Christ-centred Leaders.

I have based the following from a scholarly article, pertaining to building resilience in our children.

CULTIVATING RESILIENCE OVER TIME

As parents and carers of children, we need to be very aware that our anxieties, our concerns, our worries, are inadvertently projected onto our children. We need to reflect on how we can communicate less anxiety to our children. It is worth reminding ourselves that parenting has a long trajectory.

We tend to think that every moment, decision, success, and failure is critical, but what's critical over time is that our children become loyal friends, good partners, honest and reliable workers, have a strong moral centre and develop other worthy attributes. Our goal, as parents, is to be courageous enough to give our kids the time and opportunities they need to cultivate these qualities, and to model them ourselves.

We also need to accept that our children's sense of accomplishment and self-worth will wax and wane along with their successes. We can be confident and popular among our classmates for a period of time and at another point of time this can change. We need to ensure our children have the skills and resilience to navigate these circumstances.

The human learning curve is full of dips and plateaus, as we all know. We do our kids a favour when we acknowledge this. Think of your child's growing up as a movie, not as a snapshot. What looks critical at one moment, often becomes incidental over the course of time. Love, support, curiosity,

an emphasis on “doing the right thing” and the ability to tolerate our children’s missteps and disappointments, are what matter most.

When we shield children from failure or choreograph successes for them, we’re distorting the experiences they need, in order to grow. I can think of many times I have seen students whose parents have tried to intervene for their children and unintentionally placed roadblocks in the way. This can have very adverse effects on our children. Resilience builds as we learn to navigate setbacks, failures, obstacles, stumbling blocks and the like. Which will be present throughout our lives. We do our children a disservice when we do not help them develop resilience and the skills to respond to setbacks and failures. We learn our skills to manage these circumstances as we traverse them in our formative years.

Catholic Schools of Excellence.

ANNUAL GENERAL MEETINGS

Parents are invited to attend the **School Advisory Council AGM**, immediately followed by the **Parents & Friends AGM** on **Tuesday 21 November 2023 commencing at 7pm.**

I hope to be able to announce staffing at the AGM.

Catholic Pastoral Communities.

I instruct my teachers that a 72 hour turn around in responding to non-critical emails is an appropriate length of time. I also ask my teachers not to check their emails over the weekend and holidays. Our teachers have a right to disconnect from work. They also have families and friends, and like the rest of us, chores and duties that need attending to. Amendments to the Fair Work Act 2009 prevent employers from contacting employees outside of work hours; and provide that employees are not required to monitor, read or respond to work communications from their employer outside of work hours.

Accessible, Affordable and Sustainable.

SCHOOL FEES

A big thank you to all who have paid their school fees for 2023 or are in the process of finalising their payments. All school fees are due for payment, in full, by 30 November 2023.

If you are having difficulties in finalising your account, by this date, please do not hesitate to contact Alica Mayo, our Finance Officer. We are here to support, where we can, and thank our families for their prompt payments over 2023 that enables our school financial commitments to run smoothly, as budgeted.

STUDENTS NOT RETURNING IN 2024

Student positions at St Lawrence are highly sought after in the community. If you are not returning to St Lawrence in 2024, please notify the office as soon as possible. This allows us the opportunity to offer positions to families on our wait lists.

HOT WEATHER REMINDER

As the weather is heating up, we would like to remind parents to ensure that their children apply sunscreen in the mornings before they come to school. It is school policy that students wear their St Lawrence school hats when they are outside. Students without a hat will be asked to sit undercover during break times.

Hydrating – Active children may become dehydrated more easily than adults, so it is important to replace fluids regularly throughout the school day. Having a water bottle at school allows the students to access it during class and break times.

God's blessings to you all



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

PASTORAL CARE

Our prayers are with the people in The Middle East as they navigate the current situation. We pray for a peaceful resolution, to this terrible conflict, and may an end to the ongoing suffering of all parties, come soon.



FROM THE ASSISTANT PRINCIPALS

STUDENT LEADERSHIP ROLES & RESPONSIBILITIES

The Year 5 students have commenced the student leadership process. In week 5, the candidates will make their speeches and the new leaders will be voted in by their peers and teachers.

Mr Carey will have the final decision.

Student Leader expectations at St Lawrence:

Student leadership roles at St Lawrence are a position of responsibility. As a leader of the school, they will be expected to:

- Be an example of living like Jesus.
- Be a role model, at all times, to the children of St Lawrence
- Be safe, respectful and responsible.
- Represent the school, with pride, when out in the community
- Provide student voice to the leadership team.

5 Tips to Help Children Handle Disappointment

When your child faces disappointment, it is normal to share in their pain. No matter how old your child, he or she is going to face multiple disappointments throughout their life. These can range from minor letdowns (not getting invited to a classmate's birthday party), to major life events (not being accepted to their top-choice university). These are part of growing up, and although it's painful to watch our children suffer when things don't go their way, disappointment can actually be good for children, especially when you teach them how to bounce back so they can cope better for future letdowns. If children can learn the tools to get over disappointing situations, they will be able to rely on them, throughout childhood and into adulthood.

Here are 5 tips for helping your children handle life's setbacks:

Tip 1: Know Your Role

As much as parents would like to do everything in their power to make their children happy as often as they can, it's just not possible. You do, however, have the important role of helping them choose happy. Modelling appropriate behaviour when things don't go their way, teaches your children the skills to handle disappointments.

Tip 2: Empathise With Your Child's Disappointment

When your child is hurting from a letdown, begin by acknowledging your child's perception of what happened. This at least opens the lines of communication and shows your child that you've been in a similar situation. Remember that your child watches how you respond to failures in your own life. It's okay to share your disappointment (as long as you don't overreact) and it's important to show how you learned from the experience.

Tip 3: Teach Your Child Self-Calming Techniques

Some examples:

Physical:

Breathe in Calmness - Teach your child to take in a big breath.

Large movements - Dancing, jumping, running.

Auditory/Verbal:
Talk to someone.
Positive self-talk.

Visual:
Read a book.

Creative:
Draw a picture.
Make something.

Self-Calming:
Get a hug.
Drink water.
Take a warm bath.

Humour:
Read humorous books.
Watch funny videos.

Tip 4: Help Them Find Something They're Good At

One of the most common disappointment children face are feeling like they're not as good as their peers. Failure can be a blessing in disguise and serve as motivation for children to practice harder, study longer, or attempt a different approach. Success isn't always about "winning," it's more often about finding another path. Help them find something they can be good at that matches their interests and skills. Or figure out another way to approach the goal that takes advantage of their abilities.

Tip 5: Get Ready For Next Time

Once you help your child through one disappointment, make sure you use the experience to brainstorm ways to fix the next one. It's a good idea to talk to your child about what he or she can do next. How did she/he handle her/his last disappointment? By arming children with the experience of success and determination, you're providing the cushion they need to fall back on when disappointment strikes. Remember that disappointments are not only a part of life, but they are also valuable in building the necessary coping skills to succeed in life!

Happy Parenting!

REMEMBRANCE DAY

The **Year Three** students will lead us in a Remembrance Service on Friday 10 November at 11am in the Undercroft.

ST VINNIE'S CHRISTMAS APPEAL

We will begin collecting food for the St Vinnie's Christmas Appeal this week.

St Vinnie's are planning to make food hampers, to share with the less fortunate, containing items that may be used for a Christmas meal. Some suggested items are:

Plum Puddings, Christmas Cakes, Tinned Hams, Tinned Fruit, Jelly, Lollies, Boxes of Chocolate, Cool Drinks, Christmas Crackers, Custard (pre-made), Fruit Juice, Biscuits, Spaghetti, Sauces...

All donations will be gratefully received and will be used to bring joy to others in our community. Please place your donations in the baskets provided in each classroom. Donations will be collected by St Vinnie on Tuesday 28 November.

GIVING TREE

Our Christmas Giving Tree is set up in the Learning Centre. I would like to extend sincere thanks to Mrs Howley, Mrs Seragusana and Mrs Staltari for co-ordinating this worthwhile project.

If your family would like to participate, please have your child select a gift tag and purchase a gift for the child outlined on the tag. We suggest that you take your child to the shops and give them the opportunity to use their own money to buy their gift, which will be donated to a child in need.

Please wrap your gift, attach the gift tag and leave it under the Giving Tree. Gifts will be collected on Wednesday 6 December.

UPCOMING EVENTS

All Souls Day - Thursday 2 November

Year 6 Orientation Day - Friday 3 November

Inter-School Athletics Carnival - Wednesday 15 November

Fun Run - Friday 17 November



Ms Kathleen Tranquille & Mrs Gabrielle Brennan
Assistant Principals

OUTDOOR CLASSROOM DAY



LIBRARY NEWS

ICE CREAM SUNDAE RAFFLE WINNERS

Students from Yr 1-6 have been earning raffle tickets for every week they have brought their library books back on time. The winners have now been drawn and during Wellness Week (week 6), our lucky winners will be able to collect their sundae from outside the library at 1pm on their assigned day. Winners will be reminded closer to the time.



TUESDAY (14/11/23)

Yr 6 - Alessio R
Layla C
Sukhmani S
Luca Ba

Yr 5 - Lucy S
Gabriel B
Kayla B
Zavier P

Yr 4 - Evie O
Luke C
Amelia C
Polina F

THURSDAY (16/11/23)

Yr 3 – Vivienne A
Sofia B
Ethan M
Ellie G

Yr 2 - Alessio M
Edie F
Abigail P
Lotte F

Yr 1 - Luke M
Will O
Oliver S
Sara C



Congratulations to our lucky winners!

NEW LEXILE READERS

Thank you to the P&F, who on behalf of the school community, generously purchased a range of new Lexile reading books. These books will greatly benefit the students in year 2 – 6. If anybody is available to help with the covering of these books, please come and see me in the library.



*Ms Louise Frenzel
Library Officer*

SPORTS NEWS

MORNING ATHLETICS TRAINING

Students in year 3, 4, 5 and 6 are welcome to come along and train for the Interschool Athletics Carnival on a Tuesday, Wednesday and Thursday morning at 8.00am. There will be no team games, just individual events.

FREO DOCKERS CUP

Congratulations to all the girls who represented St Lawrence in the Freo Dockers Cup, last week. They all gave a fabulous performance and we finished in 3rd place out of 18 teams. Not bad considering only two of our girls actually play! A huge thankyou to Mia and Baz Russo and Sam Multari who helped coach and train the girls. We had a fantastic day.



Mrs Claire Major
Physical Education Teacher

UNIFORM SHOP NEWS

2024 YEAR 6 LEAVERS SHIRT ORDER

We are in the process of ordering leavers shirts for the commencement of 2024 with the Year 5 cohort. Shirts are worn on sports days in Year 6. Fittings have commenced. Samples of shirts are available in the uniform shop only until this Thursday, uniform shop hours. The order will be placed by the end of the week and the cost of the leavers shirts will be messaged to parents, shortly. Please note, the GIRLS in Year 5 currently wearing a discontinued skort will have to purchase the new red shorts in 2024. Microfibre red sport shorts are compulsory (see below).

2024 YEAR 1 STUDENTS

Uniform orders placed for students commencing Year 1 in 2024 are now ready to be collected. Payment can be made via cash or card. Please email me, as soon as possible, if you are not placing an order and do not require any uniforms.

2023 KINDY STUDENTS

A friendly reminder to place a uniform order by 10 November for your child, commencing Pre Primary in 2024 (email sent to parents 18 October). Orders will then be packed and ready for payment and collection by late November.

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.

Mrs Angie Miola
Uniform Shop Manager

CANTEEN NEWS

SPECIAL EVENT ORDERS

On Wednesday 8 November (Week 5) we have a Special on - Chicken Cutlet Roll (lettuce and Mayo) with a juice box for \$7.00 (if you don't want lettuce or Mayo just specify in the instructions). This can be preordered online by changing the date to 8/11/23 and ordering for the Special Event. Alternatively, you can order in person at the canteen. Please have all orders in by Friday 3 November



HELP NEEDED

If anyone can help in the canteen this term, please let us know, especially looking for helpers on Wednesday 8 November and during swimming (wk 7 & 8).

Also, a reminder Quickcliq cut off is now 8.30am

Thank you for your continued support.

Christina and Fran - Canteen Staff

P&F NEWS

Bunnings

Thank you to the families and staff who contributed their time at Bunnings and donated soft drinks. It was a very busy and successful day for the P&F.



Tea Towels

Orders are now closed and the tea towels are in transit. We have ordered 5 additional tea towels. If you have not put an order through but would like one, please let me know (\$20 per tea towel). First in, first served.

Fun Run

The annual P&F Fun Run is Friday 17 November. Theme is crazy hair, crazy socks and loud t-shirts. Sponsorship information will be sent out through the class reps in due course.



What are we fundraising for?

We are fundraising to upgrade the playground on the junior oval. Please keep this in mind for any fundraising opportunities you can support us with. Any support is greatly appreciated.



Mrs Natasha Raso, P&F President