



Newsletter No. 3

6 March 2024

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.

Let us all focus on the importance of rest and renewal during our **Wellness Week**. Many studies abound which articulate the importance of rest to build on our capacities to learn.

Jesus Himself articulated on a number of occasions the importance of rest.

*Then, because so many people were coming and going that they did not even have a chance to eat, he said to them, "Come with me by yourselves to a quiet place and get some rest."
~Mark 6:31*

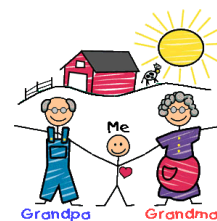
The purpose of Wellness Week is to give everyone, students, families, and staff, an opportunity to slow down and take time to focus on our mental health and wellbeing.

During this week, no homework is to be given to students, families will be encouraged to take this opportunity to spend time with each other, visit grandparents, go walking, have a midweek picnic, spend time in prayer, and generally spend quality time together and downtime to reboot our mental health. This gives students the opportunity to relax and recharge. Staff will also be given the opportunity to focus on their own mental health and wellbeing. No meetings or appointments are to be scheduled (unless emergencies) during this week, and staff are encouraged to spend more quality time with their own families, as well.

The overall aim is a focus on mental health and wellbeing for all our community members. As reading is not homework, just something we should always be doing, please ensure you all continue your home reading. Go outside and have a walk as a family. I know we are all busy, but perhaps you can coordinate your family calendars and spend this time together and make it a special family day. A screen free pledge night is also a great opportunity to be together as a family. Have the whole family turn their devices off, place them somewhere away and out of view, then as a family do something together - cook, go for a swim, bike ride, read...anything you would like to share as a family. The focus is on wellbeing and mental health. I ask you all to get behind this wonderful initiative.

Inspiring Christ-Centre Leaders.

When I look around St Lawrence Primary School, I see so many wonderful grandparents collecting and dropping off their grandchildren, coming to class, attending gatherings/assemblies, and celebrating Masses. What a wonderful sight to behold. I'm genuinely moved when I see a small child walking hand in hand with their Grandfather or Grandmother (Nonna/Nonno) into our school.



I think these lovely quotes are very apt when thinking of our grandparents.

Grandchildren are God's way of compensating us for growing old ~ Mary H. Waldrip

To a small child, the perfect granddad is unafraid of big dogs and fierce storms but absolutely terrified of the word "boo" ~ Robert Brault

If I had known how wonderful it would be to have grandchildren, I'd have had them first ~ Lois Wyse

The reason grandchildren and grandparents get along so well is that they have a common enemy ~ Sam Levenson

To all the Grandparents in our school and Parish community, I wish you many blessings and all God's joy in the knowledge you enrich the lives of us all.

Our Grandparents' Day celebrations will be this Friday. We look forward to sharing some special time with all the Grandparents in our community.

Catholic Schools of Excellence.

All Catholic Schools are required to have an Evangelisation Policy. This policy helps our school to shape and form the Evangelising mission of a Catholic School within the Catholic Church.

The Principles underlining our Evangelisation Policy are:

- *At St Lawrence we are called to share the word of God with those in the school community.*
- *God's message of hope will be shared with all.*
- *Every effort is made to please God as we imitate Christ in all we do and all we say*
- *The Evangelisation Policy is central to all we do at St Lawrence.*

The Procedure underlying our policy is:

At St Lawrence we endeavour to spread the mission of Jesus Christ in word and action; by offering students primary proclamation and initiatory catechesis

- *Providing students with many opportunities to witness their faith*
- *Foster the sacramental life of our school community*
- *Pastorally care for all members of the school community*
- *Enable staff to participate in Faith Development opportunities*
- *Being aware of the global community and giving support where possible*
- *Ensuring the inclusion of the school community when appropriate*
- *By striving to live and model good Christian Witness.*

Catholic Pastoral Communities.

HOW WAS YOUR DAY?

If you are one of the many parents who receive a monosyllabic response to this question, why not try some more specific questions? Here are some examples to commence the conversation that may help to elicit a longer response.

Try printing them out, cutting them up and getting your child to pull a question out of the box each day.

- What made you smile today?
- Can you tell me an example of kindness you saw/showed?
- What did you do that was creative?
- Was anyone in your class away today?
- What was the hardest rule to follow today?
- What made your teacher smile?
- Who did you help today? Who helped you?
- What questions did you ask at school today?
- Did anyone do anything funny to make you laugh?
- What is the most popular game at lunch?
- What was the best thing that happened today?
- How were you brave today?
- What are you looking forward to tomorrow?
- Teach me something I don't know.
- Tell me something you know today that you didn't know yesterday.
- What kind of person were you today?

Accessible, Affordable and Sustainable.

UPDATED DETAILS

Thank you to all parents who keep their details updated. It is of paramount importance we have all current contact details, medical records, and all relevant information stored at school. Please always remember if health related details change, the school must be notified immediately.

ENROLMENTS

We will be commencing interviews for the 2025 School Year very soon. If you are aware of any families with children eligible for Pre-kindy or Kindy, please remind them and make sure all paperwork has been presented to the office. We have limited vacancies in other year levels. Please see Lina in the front office or download an application form, if you are interested. Our positions tend to go very quickly, and we have waitlists for certain year levels.

SCHOOL FEES

Thank you to the families who have returned their Payment Option forms which were due back last week. If you haven't already sent yours back, please drop them at the office or email them to finance@stlawbal.wa.edu.au as soon as possible.



God bless each and every one of you.

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

FROM THE ASSISTANT PRINCIPALS

LENT

Lent is a time of prayer, a time to think about how we can change and become better people. A time for saying 'sorry' and asking for forgiveness. It is a time for coming back to God who loves each and every one of us in a very special way.

Lent marked the beginning of the annual Caritas Project Compassion Appeal. Every class has a Project Compassion box for loose change, and donations. Caritas Australia has been able to assist communities around the world through income generation, water and sanitation, food security, education, and disaster risk reduction programs. We are truly appreciative of the generosity of our community in helping us support Project Compassion.



SACRAMENTS

A reminder to families of children in Years 3, 4, and 6 who are receiving a sacrament this year that they will need to attend one of the Sacrament Enrolment Masses on either Saturday at 6pm, or Sunday at 5pm.

NAPLAN

NAPLAN testing for students in Years 3 and 5 will commence on Wednesday 13 March. The tests are a snapshot of how your child performed on a particular day, so these tests should not cause any stress for you or your child. Your child just needs to know to do their best. It is important during NAPLAN testing that routines are maintained as per a regular school week and that children, as expected each week, attend and are well rested, well fed, and happy to come to school. At St Lawrence, we use the data from these tests for school planning and monitoring along with many other sources of data.

Students and parents can access the public demonstration site (www.nap.edu.au/online-assessment/public-demonstration-site) to familiarise themselves with NAPLAN and the types of questions and tools available. **Excessive preparation for NAPLAN is not required nor recommended.**

The Key dates for NAPLAN are:

Wednesday 13 March – Writing

Thursday 14 March – Reading

Monday 18 March – Conventions of Language

Tuesday 19 March – Numeracy

EARLY YEARS TESTING

There are several mandated assessments for students in the Early Years which have been and will continue to be completed over the next two weeks. The information gained from these assessments is extremely valuable to the teachers, they inform their teaching and enable them to plan according to the needs of the children.

UPCOMING EVENTS

Wellness Week – Monday 4th March – Friday 8th March

Sacrament Enrolment Masses – Saturday 9th March (6pm) and Sunday 10th March (5pm)

Yr 2 Assembly - Friday 15th March

Fathering Project Camp Weekend – 16th and 17th March.

Harmony Day Assembly and Celebrations - Thursday 21st March

Ride to school day - Friday 22nd March

DO YOU WANT TO FAST THIS LENT?
In the words of Pope Francis

- Fast from hurting words and say kind words.
- Fast from sadness and be filled with gratitude.
- Fast from anger and be filled with patience.
- Fast from pessimism and be filled with hope.
- Fast from worries and have trust in God.
- Fast from complaints; contemplate simplicity.
- Fast from pressures and be prayerful.
- Fast from bitterness; fill your hearts with joy.
- Fast from selfishness and be compassionate.
- Fast from grudges and be reconciled.
- Fast from words; be silent and listen.

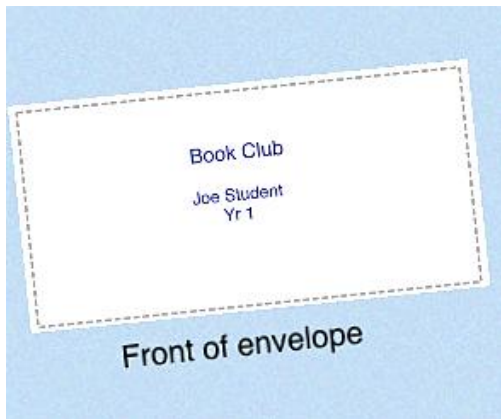
Logos: Hope amidst isolation, VICARIATO DE ORIENTE

*Mrs Gabrielle Brennan & Ms Kathleen Tranquille
Assistant Principals*

LIBRARY NEWS

SCHOLASTIC BOOK CLUB

Scholastic Book Club brochures have gone home this week. All Book Club orders earn the school rewards, which go towards purchasing valuable resources for our students. Orders can be done either online via LOOP or can be returned to the school in an envelope marked Book Club, with the student's name and year level, clearly marked on the front of the envelope. If returning orders to school, please make sure that all details are completed on the order form along with a contact number.

A colorful Scholastic Book Club Student Order Form. At the top, it says "ISSUE 1 2024" and "Book Club Student Order Form". The student's name is "Joe Student", class is "Yr 1", and phone number is "0421 934 494". The form includes a "HOW TO ORDER" section with instructions on how to fill out the table. The table has columns for "PAGE", "ORDER CODE", "WHAT YOU WANT TO ORDER", "QTY", and "PRICE". One row is filled with "12", "78", "Pig the Pug", "1", and "\$ 9.00". Below the table, there is a "SCHOLASTIC REWARDS" section and a "HOW TO PAY" section with three options: 1. CREDIT CARD, 2. CASH, and 3. CREDIT VOUCHER. The total payment is shown as \$ 9.00.

Orders for this issue are due back Tuesday 12th March.

****Please note that all orders are always due back by 3.30pm on the Tuesday of the following week****

As the newsletter is issued fortnightly, reminders of the due date will not always be possible, so please keep this in mind.

Unfortunately, we are unable to accept late orders.

HELPERS REQUIRED

Thank you to those parents who have already volunteered, your support is greatly appreciated. If you have some time available to help with the shelving of books or book covering, we would be most grateful, and it means resources are available to our students more quickly. You're more than welcome to come along with another parent or a group of parents. A cuppa and a biscuit will be provided. Books and covering materials can be sent home if it is easier for you. If you would like any further information, please come and see me in the library or email me on louise.frenzel@cewa.edu.au

*Ms Louise Frenzel
Library Officer*

UNIFORM SHOP NEWS

SECOND HAND ITEMS

The uniform shop will have second hand items available from week six (7 March) until the end of term one.

WINTER UNIFORM

Children will be returning to school in term two in WINTER uniform. If you need to purchase uniforms for your child, please come and see me on Thursday mornings from 8am - 10am. Alternatively, you can email an order to michelle.seragusana@cewa.edu.au or you can leave an order with Lina in the office, where you will also be able to make payment.

PLEASE NOTE - CHANGE OF HOURS - WEEK 9

As Thursday 28 March is a Pupil Free Day, the uniform shop will be open on Wednesday 27 March in the afternoon from 3.15pm to 4.30pm.

*Mrs Michelle Seragusana
Uniform Shop*

CANTEEN NEWS

BIRTHDAY ORDERS

Birthday orders are available to order online:

Kindy Mini Cupcakes only \$12

Icy Poles \$15

Brownies \$15

Cupcakes \$20

M&M cookies \$20

Remember to order your lunch at the same time as your special order, as Quickcliq won't allow you to add on after you have submitted it.

LAST DAY OF TERM

Last day of term this year is Wednesday 27 March. We will have a Sushi Special - 5 piece pack:

Gf Vegetarian, GF teriyaki chicken, GF tuna or Katsu chicken \$6.00

Add a juice box for an extra \$1.00

Only other alternative on the day is nuggets (x5) \$4.00 add sauce 50c

Please have your orders in by Monday 25 March

Thanks for your support

Christina and Fran - Canteen Staff

P&F NEWS

CONGRATULATIONS

Congratulations to Luke and Mrs Armstrong who won a 10kg bar of chocolate each. The lucky winners were drawn last Friday during line up. We hope you have a great time getting through that big block. Don't forget to share!!



EASTER EGG FUNDRAISER

Thanks so much to the families that requested a box or two to fundraise for our P&F and also to those who chose to donate the \$30. **Money is due back by no later than Friday 22 March.**



FACEBOOK GROUP

You should have been informed by your class rep that we have a private Facebook group for P&F News. Please ensure you join this group to avoid missing out on any important information.



BBQ NEEDED

We are looking at upgrading the school BBQ. If you know of someone who is upgrading their own BBQ and the old one is in good condition, please let us know.

Mrs Natasha Raso, P&F President

NETBALL NEWS

WINTER NETBALL 2024

The 2024 Winter Netball season is fast approaching. The season will commence on 26th April and conclude on the 23rd August.

Register your interest or a team to play by Friday 8th March to stlawnetball@gmail.com

Please include your child's full name, year level, DOB, contact phone number as well as if you are able to volunteer to manage or coach a team. Please note that parent involvement is **essential** and that without nominations for both a coach & manager, we cannot allocate teams.

Eligibility for teams are as follows:

NSG Set - Year 2 & 3

NSG Go - Year 4 & 5

Junior - 12U - Year 6

Fees for NSG is \$230.

Fees for Junior is \$260.

Fees are also subject to a PlayHQ surcharge of 2.03%.

Teams will train one day a week (day/time/location TBC)

Games will be held on a Friday afternoon/evening or Saturday morning. Times are subject to change due to the number of registrations.

Friday Timeslots:

NSG SET (Y2 & Y3) – 4.30pm

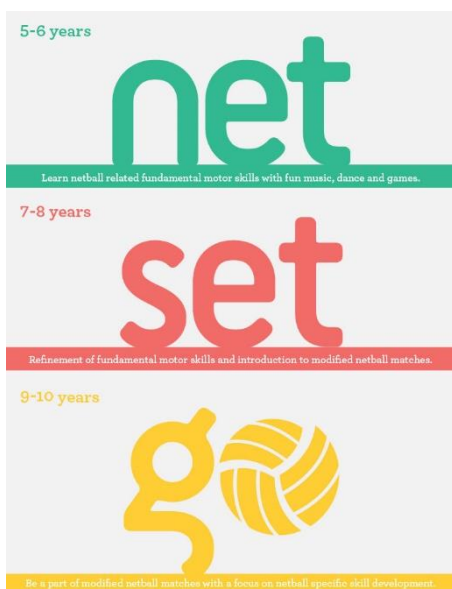
NSG GO (Y4 & Y5) - 5.30pm

Saturday Timeslots:

JUNIOR (Y6) – 8.30am

If you require any additional information, please contact a member of the committee.

Cheryl & Renee - St Lawrence Netball Club





 Servite
College

Open Day

Thursday 21 March
Register at servite.wa.edu.au




LAUDATE DOMINUM
Mercedes College

TUESDAY 12 MARCH 2024

OPEN DAY