



Saint Helena's Catholic Primary School

55 Fortescue Place Ellenbrook

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Something Beautiful for God

Important Dates

Wednesday	October 21	Kindy Wallabies Photos
Thursday	October 22	Whole School Photos
Friday	October 23	Circus Incursion
Thursday	October 29	Assembly Koalas
Monday	November 2	P & F Meeting 7.00pm
Sunday	November 29	School Fete

A MESSAGE FROM THE PRINCIPAL

† **Welcome.** Welcome back to a new and what looks like a very busy fourth term. I trust that you and your family had an enjoyable break. The children look lovely in their school uniform and I thank you for taking the effort to ensure that they do present themselves in a very positive way as students of St Helena's Catholic Primary School.

† **Anaphylaxis.** Our school is special because of the strong sense of community that exists. This has been expressed clearly by how you have supported the steps we have taken to make this school safe and welcoming for those who are especially at risk.

You can again demonstrate your understanding and concern by ensuring that the type of foods listed below are avoided when making up your child's school lunch.

- Spreads: peanut paste/butter, Nutella, Nuts About Choc, hazelnut spreads as these are made with peanut oil
- Chocolate bars: Snickers, M & M peanuts, Picnic bars, Fruit & Nut chocolate bars, nougat
- Muesli bars
- Peanut oil products
- Products with satay favouring e.g. sauces, crackers, biscuits, chips
- Cakes with nuts e.g. carrot cake, hedgehog, muffins, pastries
- Breakfast cereal bars
- Fruit and nut packs
- Breads and biscuits with nuts in or on top
- Asian dishes because these are often cooked with peanut oil e.g. egg rolls, soups, satay, noodles, rice.

If you would like to find out more about anaphylaxis, the Anaphylaxis Australia's website www.allergyfacts.org.au is very helpful. This organisation strives to raise the awareness about life threatening allergy in the community and provides science-based information, resources and services.

† **Circus Incursion.** The children will be treated to a Circus performance by Jo Bolton with each class having their own workshop following the performance. This incursion was organised due to the generosity of the P&F. The children will then continue with a circus theme for Physical Education.

† **School Photographs.** Photos will be taken this Thursday. Please ensure your child is wearing their red school shirt and the rest of their uniform is in accordance with the uniform code. This includes correct coloured shoes (black or white), white socks and red, navy or black hair accessories. Earrings should only be plain sleepers or studs. Graduating students need to have their red shirts for the class photo but may wear their graduating shirt for individual photos. Kindy Bilbies will have their photos taken tomorrow. The 3yr old group will be on Monday, 2 November.

ST HELENA'S CATHOLIC PARISH, ELLENBROOK

Parish Priest - Father Francis Huy Nguyen

25 Alderley Ave Ellenbrook

Ph. 9296 7088—Mob. 0401 797 313

Pastoral Assistant – Rev. Ivan Sands (0439 919 585)

MASS TIMES

Sat 8am & 6.00pm, Sun 8am & 9.30am

Weekdays Mon-Fri 7.30am

Reconciliation prior to all weekend masses

† **Booklists 2010.** With the endorsement of the School Board, P & F and school staff it has been decided that the school will adopt the widely accepted practice of having booklists for each year level. It is anticipated that the cost of the booklists will be range from \$50-\$70 depending on the year level. Parents are reminded that they are able to claim through their tax return for 50% of such costs. More information on the booklists will be made available to you shortly.

† **Dogs on School Grounds.** Parents are reminded that dogs are not permitted on the school grounds. It is understood that this could inconvenience some, however, as the school has a duty of care to the children that attend it is essential that such a restriction is complied with.

† **Students attending 2010.** Could you please advise the office staff if your child/ren will not be attending St Helena's next year. We have a number of requests for enrolment that the school could satisfy if we were informed that families are leaving.

† **Term Dates 2010.** For your information I have detailed the terms dates for next year below;

Term 1 Monday 1 February – Thursday 1 April

Term 1 holidays Friday 2 April – Friday 16 April

Term 2 Monday 19 April – Friday 2 July

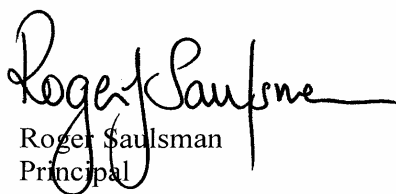
Term 2 holidays Monday 5 July – Friday 16 July

Term 3 Monday 19 July – Friday 25 September

Term 3 holidays Monday 27 September – Friday 8 October

Term 4 Monday 11 October – Thursday 16 December

It should be noted that the student free dates for 2010 have not been finalised as yet however you will be advised of these shortly.


 Roger Saulsman
 Principal

We are all pencils in the hand of God.
Mother Teresa

St Bernadette
 1844-1879

On February 11, 1858, in Lourdes, France, Bernadette and her childhood friends went out to the fields to gather firewood. While the others were playing games, Bernadette kept gathering wood. She came to a cave near a river, where Our Lady appeared to her. She was dressed in blue and white, with stars around her head and roses at her feet.

When Bernadette told her family about the vision, they did not believe her, but Our Lady kept reappearing. One day, Our Lady told Bernadette to dig where she stood, and a fresh spring of water came bubbling out of the ground. Blind people who washed their faces in the spring could see. Sick people who washed their bodies in the water became well. Our Lady told Bernadette to build a great church there. This came to be known as the Shrine of Lourdes. Many miracles still happen there to this day. Feast day: April 16



Confirmation Photos

The photo proofs are still at the office for one more week or you can go online at www.midlandphotos.com.au

School Canteen

New canteen menus have been sent out. If you require a new one, please see the office. The canteen will be open Monday, Wednesday and Friday.

Uniform Shop

Open every morning from 8.20am to 8.45am or orders can be taken.

P & F Meeting

The next meeting will be on Monday, 2 November at 7.00pm. Please try and make it, as your input into the school activities is important.

Canteen Roster	
Wed 21 Oct	Antonella Simmonds
Fri 23 Oct	Andrea Milburn
Mon 26 Oct	Bronwyn White
Wed 28 Oct	Adelle Alberts
Fri 30 Oct	Kylie Beaman Sharon D'Evelynes



Fete News

Thank you to the parents who have already sent in their specified donations for the fete. If you can't find what is recommended on the list, then please bring in something else. All donations accepted. Don't forget to put your name down on the list for your class stall. The list is in the classroom so if you can't find it, please ask the teacher.

Parents and Friends Association of WA News

FOR YOUR CHANCE TO WIN a \$50 food & beverage voucher from the Tradewinds Hotel, Fremantle PLEASE READ ON - The Parents & Friends' Federation of WA encourages school community members to send us a report on a recent successful school event or a good news story from your school community. The successful article will be featured in our Term 4 edition of the *Parent Focus* newsletter.

All entries must be received by Monday November 9, 2009.

Entries to info@pff.wa.edu.au or PO Box 909, Inglewood WA 6932

HOLY CROSS COLLEGE - UNIFORM DISPLAY

The uniforms for Holy Cross College are currently on display in the St Helena's CPS Library. We have been working with Tara uniforms for almost two years in designing a uniform which is comfortable, smart and distinctive. We are very pleased with the final product. Thanks to Flavia Lenzo and Marissa Cahill, College Board members, for their work in assisting with the design and selection of the uniform. Thanks also to other community members who have given us feedback during the design process. You are invited to view the Holy Cross College uniform in the library before and after school.

Ms Mandy Connor

Principal, Holy Cross College

Sports News

- 1) AASC starts Wed 21st (Sports) and Thur 22nd (Cheerleading).
- 2) St Helena's will be involved in a few events this term to promote walking, riding or scootering to school. Let's get as many students and parents as possible to walk/ride or scooter to school. It is a competition and there will be faction points and prizes! Watch this space for more information next week!!!

Community News

Parish News

All are welcome to attend the parish Tupperware party on Saturday 24 October at 2.30 p.m. in the school library. All proceeds will be donated to the church building programme.

A catalogue and order forms will be available in the front office for anyone who can't make the Saturday but would like to place an order.

Schoenstatt Shrine Spring Affair

Invitation to the cherished school staff, students and their families

Feast of All Saints, Sunday, 1 Nov 2009

Spring affair at the Schoenstatt Shrine, 9 Talus Drive, Armadale, from 9.30 am till 2 pm

This is the opportunity of a life time to come to the Shrine, besides spending money at the Spring affair where all sorts of things will make you wish you hadn't brought so much, you will be able to have November Masses offered up for the deceased members of your Family. This very special offer will help us to stay close to those who have gone before us and be united with them in prayer. What better place than the Schoenstatt Shrine to do so. Hoping to see you all there.

Sister M. Lisette 9399 2349

West Coast Gymnastics

Are you looking for an action filled sport that offers fun, fitness, friendship and the opportunity to challenge the mind and body of your child? Enrol them in the Recreational Gymnastics program at West Coast Gymnasts Inc in Malaga or Ellenbrook and help guide them towards a happy, healthy and enjoyable life. Fourth term sessions will start on the Monday 12 October, Wednesday 14 Oct and Saturday 17 October in Malaga and Thursday 15 October in Ellenbrook.

Call the Club on 9249 3535

Bring this newsletter on you first day for a free lesson!

Patrist Sisters

A big thank you to all those who supplied backpacks to the Patrist Sisters last term. They are now on the way to the Philippines. Thanks too, to the families who contributed \$10 to fund the cost of the freight for these items. The sisters are now looking for new or nearly new children's socks and drinks bottles. Please leave any contribution at the front office.

ST COLUMBA'S PRIMARY SCHOOL BAYSWATER FETE

SUNDAY 25th OCTOBER 2009

10.30am – 2.30pm

32 Roberts Street BAYSWATER

Come along for a fun day filled with an amazing array of activities, rides, games, prizes, art/craft, face painting, spooky room, display stalls, lucky jars, fairy room, junior Kids Karnival, live performances & music on stage, gigantic raffles, food & drink galore!

Visit www.saintcolumbas.com.au or phone the school on 9271 7181 for more information.

Discipline is not a dirty word! by Michael Grose

Children like limits and boundaries. They provide them with a structure and teach them how they should behave. In fact, many studies indicate that families who have very few clearly stated rules or standards are more likely to have children who misbehave.

Children also like to push parental boundaries so parents need to resist pressure that children can exert upon them. This is a normal but irritating expression of a child's push for independence and autonomy.

Effective limits and boundaries:

- Are given using clear, direct, concrete, specific terms – “Be home by six o'clock” rather than “Don't be late.”
- Explain reasons if appropriate
- Involves choices when appropriate

One of the simplest ways to improve a child's behaviour is to be more consistent.

Children love their parents to be consistent as they are able to predict how they will act. A consistent approach to discipline helps put children in control of their behaviour.

Consistency means as parents we follow through and do as we say. Consistency means not giving children second and third chances. It means not allowing children to get away with misbehaviour two or three times then coming down hard the fourth time they misbehave.

Consistency also means that both parents in a dual parent family get their act together and respond in similar ways when children are less than perfect. Sole parents need to be consistent with how they react when children misbehave.

Difficult children like consistency. Consistency is a challenge as it is tempting to let children's misbehaviour go. We become tired and sometimes we doubt our own judgement. It is easy to think, “Maybe I am being a bit tough...”

Consistency prevents misbehaviour from escalating. We help children develop self discipline, which is our aim, when we are consistent and do as we say we will – every time.

To ensure consistency for children:

1. Focus on priority behaviours. It is difficult to be consistent with every single misbehaviour but it is easy if you focus on one or two. When you are consistent and follow through with **priority** behaviours it has a positive effect on other behaviours.
2. Give yourself a **tangible** reminder about the behaviour you want to follow up. Leave a note somewhere telling yourself that you need to “Walk away when they whine. Don't give in.” Or “Catch them being good when they resolve a problem without arguing.”
3. Check your **routines**. Do you have routines for troublesome times of the day such as bedtime or mealtimes?
4. **Act** rather than overtalk or repeat yourself. Sometimes a consequence can be inconvenient in the short-term but, in the long term, it pays off with children who are better behaved.