Mother’s Day Prayer

Loving God,
as a mother gives life and nourishment to her children,
so You watch over Your Church.
Bless these women, that they may be strengthened as Christian mothers.
Let the example of their faith and love shine forth.
Grant that we, their sons and daughters, may honor them always
with a spirit of profound respect.
Grant this through Christ our Lord.
Amen

Congratulations to the Year 4 students and their teachers on presenting an informative assembly last Friday outlining some of the fantastic learning occurring in their classrooms. Thank you also to Mrs Aylmore and the choir who, after many lunch time rehearsals, experienced their first public performance at the Year 4 assembly. Well done to all involved.

On Tuesday, we participated in Purple Day - a global day that raises awareness for epilepsy. Epilepsy is a condition that is often misunderstood. It affects many Australians and has impacted a number of families at St Anthony's School. Students wore purple or free dress and made a gold coin donation. Money raised will go to Epilepsy Australia to assist with counseling, support and information to individuals and families dealing with Epilepsy.

In last week’s newsletter, feedback was sort on the updated reporting procedure that included sending workbooks home for parent and child discussion. Thank you to those who took the time to send feedback. The feedback received indicated that this was a worthwhile process and that the learning discussion which occurred was valuable in celebrating successes and for goal setting into the future.

Well done to the P&F Executive for organising a very successful Mother’s Day afternoon tea on Monday afternoon this week. We are luck to have a very strong and supportive community and events like this help us to build positive links among our parent community.

At St Anthony’s School, we are looking at how we can improve our current student leadership model and are considering the implementation of student leadership roles including head boy, head girl and faction captains for coming years. Developing student leadership roles helps our students to raise the expectations they have of themselves. Research indicates that students’ self-expectation has the highest effect size in determining successful learning. We are seeking parent and community feedback on this initiative to help us develop the most effective student leadership model. Please send your feedback to admin@stanthonyswann.wa.edu.au

Next week, students in Years 3 and 5 will be participating in NAPLAN testing. NAPLAN tests show a student’s achievement at a particular point in time and are useful for looking at school trends and comparing to the many assessments that already occur at school. The media puts much emphasis on these tests but it is essential that students do not become overwhelmed and simply try their best. Whilst teachers familiarise the students with the NAPLAN format, we don’t specifically teach to the test and instead focus on quality teaching and learning in each and every year of school.
On behalf of the St Anthony’s School staff, I would like to wish all mothers, grandmothers and mother figures a happy Mother’s Day for this Sunday.

Mark Marando
PRINCIPAL

CONGRATULATIONS TO THE STUDENTS WHO WILL RECEIVE THE FOLLOWING AWARDS

**CARE AWARD (Monday Assembly):** Shrika Hattarki, Savannah Della Mora, Zak Ryan, Lily Walker, Caoimhe Power, Lyla Friend, Isabel Pedrick, Naksh Patel, Panita Huynh, Chiara Concanen, Kane Rooney-Maher, Benjamin Surur, Isabella Tavani, Rhylee Talbot, Jae Forde, Phoebe Fairless, Hope Combes, Emily Pederick, Sean Toperesu, Wil Kenchington, Elsie Mbenjele, Jacob Dwyer, Jake Blackburne, Madelene Mears, Aimee Parker, Cara Britz, Michael Shenton and Maya Porojan.

**BRONZE AWARD (Monday Assembly):** Harrison Donnelly.

**SILVER AWARD (Monday Assembly):** Scarlett D’Arachy.

**NAPLAN 2015**

Next week the Year 3 and 5 students will complete the NAPLAN testing. The test schedule is outlined below. Please avoid any out of school appointments during these times. It would also be beneficial to encourage your child to be well rested and to have had a substantial breakfast on these mornings.

<table>
<thead>
<tr>
<th>Date</th>
<th>Test</th>
<th>Session</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tuesday 12th May</td>
<td>Language Conventions</td>
<td>Morning block</td>
</tr>
<tr>
<td></td>
<td>Writing</td>
<td>Between recess and lunch</td>
</tr>
<tr>
<td>Wednesday 13th May</td>
<td>Reading</td>
<td>Morning block</td>
</tr>
<tr>
<td>Thursday 14th May</td>
<td>Numeracy</td>
<td>Morning block</td>
</tr>
</tbody>
</table>

Thank you for your support.

Dee Johnston
Curriculum Coordinator
Many thanks to Fr John, Mrs Sinagra, Mrs Keane, Mr Marando, Mr Gaglia, Miss Brown, and Miss Mohen for their great assistance at last night’s Confirmation Meeting. It was a fantastic turnout also from our parents and Year 6 children. To the parents who requested a change at the meeting with their child’s Confirmation time, the Parish has notified me that these requests have been successful.

LifeLink Day 2015

Last Thursday Miss Brown and three of our Student leaders attended the Launch of Archbishop Costelloe’s Lifelink Appeal at Good Shepherd Parish in Lockridge. A special thanks to Mrs Purayidom for accompanying the children with Miss Brown for this special event. The Student leaders will also be launching a fundraising appeal to raise money for this worthy cause, by holding a Gold Coin Money Link Chain activity on Wednesday 3rd June.

Coming Events:
Friday 22nd May  
Confirmation Retreat at St Anthony’s Church
Saturday and Sunday  
Sacrament of Confirmation
23rd and 24th May  
First Holy Communion Workshop for Year 4 Parents
24th June

God Bless and thank you

John Topliss
Assistant Principal

We extend our sincere condolences to the following families who have lost loved ones over the past few weeks -

The Sutton family on the passing of Mrs Sutton’s uncle,
the Dimitrovich family on the passing of Mrs Dimitrovich’s brother, and
to both McDonagh families on the passing of the children’s Grandmother
SCHOOL CLIMATE SURVEY

If you were one of the random families chosen, please ensure the survey is completed by tomorrow, Friday, 8th May.

Thank you
Nic Gaglia

CANTEEN ROSTER - 28th April - 1st May

<table>
<thead>
<tr>
<th>11 May</th>
<th>12 May</th>
<th>13 May</th>
<th>14 May</th>
<th>15 May</th>
</tr>
</thead>
<tbody>
<tr>
<td>Patricia Whiting</td>
<td><strong>Help Required</strong></td>
<td><strong>Help Required</strong></td>
<td><strong>Help Required</strong></td>
<td>Emily Evans</td>
</tr>
<tr>
<td>10.00am – 12noon</td>
<td></td>
<td></td>
<td></td>
<td>9.30am – 11.00am</td>
</tr>
</tbody>
</table>

ST ANTHONY’S SCHOOL
UNIFORM SHOP OPENING HOURS

MONDAY
8.00am - 9.30am

THERE ARE STILL A FEW FAMILY PHOTO PACKS TO BE COLLECTED FROM THE OFFICE

THANK YOU

Temporary Finance Officer Position

Congratulations to Kylie Warnock and Linda Jolliffe who were recently appointed to the position of temporary Finance Officer. They will be working in the school office whilst Mrs Donna Geddes is on maternity leave later in the year.
GYM MEMBERSHIPS - $500 for GOLD MEMBERSHIPS

Yes it’s that time of year again. I have again managed to strike a deal with Aquamotion to allow staff and parents, who take an active involvement around the school, to grab a great deal for gym memberships. This means partaking in classroom rosters, P&F, School Board, working bees, PALS Program, canteen, library etc. Generally, anyone who gets in and helps around the school in some capacity is eligible. All applications have to be approved by the Principal before Aquamotion will accept them.

The offer includes Gold Membership - allowing access to all classes, gym and pool facilities for the duration of one year. This membership is normally $770, so the opportunity to save is an enormous $270! The $500 price includes $10 towards our P&F.

Strictly cash only and must be paid by FRIDAY MAY 8th as one transaction. No memberships can be added at later dates.

Times and location for payment will be posted as soon as I have them.

Thank you for your continuing support.

Margaret Parker

OSH CLUB NEWS

This week we have been looking at different types of transport from the past and present. We enjoyed making some planes out of pegs and pop sticks and putting together paper school buses. We have talked about how transport has developed over the years.

The children have enjoyed spending some time outdoors playing group games together with Ryan. The children have also been creating their own games and teaching the other children how to play it. We have been working on our leadership skills.

Next week’s theme is about exploring Diversity. We are going to be exploring the Italian culture and looking at what food they eat and some of the history that they have to offer.

We offer breakfast until 8.00am and we also provide an afternoon snack for after school. We provide a range of indoor and outdoor activities suitable for all different ages.

Hours of operation are 6.30am-9am and then from 2.40pm to 6pm. Please feel free to pop in and see us or you can contact us on 0428 161 879.

Kind Regards

Tina and Ryan

Thank you to all the parents who worked in the canteen for the first two weeks of term whilst I was on leave. Your hard work and commitment was very much appreciated.

Mrs Musca

YEAR 1 MUM’S DINNER - Friday, 22nd May, 7.00pm at Currambine Bar & Bistro

We hope everyone can come and enjoy a fun night out. Please RSVP by Friday, 15th May to one of your class reps:

- Kym Kilgallon  1B
- Kellie Elsegood  1B
- Vanessa Paglia  1G
- Julia Walker  1G
RUNNING CLUB - I know we have some fabulous runners in our school and I would really like to see them come and join the running sessions before school on Wednesday mornings starting at 7.45am, walkers welcome too!

I will be asking for nominations from students who would like to represent the school in the interschool cross country event next week and students will need to practise to win a spot in the team!

SWIM CLUB - The school swim club is available to students who have gained Level five and are interested in improving their strength and stamina as well as improving their times.

Swimming is a great workout because you need to move your whole body against the resistance of the water. Swimming is a good all-round activity because it:

- keeps your heart rate up but takes some of the impact stress off your body
- builds endurance, muscle strength and cardiovascular fitness
- helps maintain a healthy weight, healthy heart and lungs
- tones muscles and builds strength
- provides an all-over body workout, as nearly all of your muscles are used during swimming.

At present there are vacancies in the club and it is a great opportunity for new swimmers to join and have the extra benefit of more time from the coach. We are particularly looking for students in Year 3 and 4 who might wish to try out. Let me know!!

BADMINTON - We had great fun at badminton yesterday! Session is open to students from Pre Primary up. No cost involved. Next week we will meet on Tuesday after school and finishing at 4.00pm.

LIGHTNING CARNIVAL - I will be posting the netball teams and the league tag teams for the lightning carnival today. Forms will be sent home next week. If you can assist on the day with Tag or Netball please let me know.

WORKSHOP - The WA Health Promoting Schools Association (WAHPSA) advocates and supports a whole school and community approach to health and wellbeing. The Association achieves this through education, coordination and collaboration with school communities and health agencies.

On Friday 22 May 2015 WAHPSA and WA Healthy Schools Project Forum are running a workshop with a focus on health, education and sustainability in WA schools. Interested parents can attend and the workshop is free.

Register at: healthyschoolsforum.event.net/web/event?eventid=2139071120

Committee - I have two volunteers to assist with the health focus committee but would welcome others! If you are interested please email me or drop me a note.

WHAT IS ASTHMA? - Asthma is a breathing problem that affects one in nine children in Australia.

Asthma can be managed effectively but there is no known cure. Children with asthma have sensitive or “twitchy” airways in their lungs. When exposed to certain trigger factors, these sensitive airways react causing them to narrow inside. This narrowing is due to inflammation and swelling inside the airways, tightening of the muscles around the airways, and an increased production of mucous (phlegm). Common asthma symptoms include shortness of breath, wheezing, coughing, and a feeling of tightness in the chest.

ENVIRONMENTAL TOBACCO SMOKE - Tobacco smoke contains over 4,000 chemicals and the effects on your child’s health can be very serious. When a person smokes near a child, they are exposed to passive smoking (breathing in smoke from other peoples’ cigarettes). The smoke that the child breathes in is commonly known as Environmental Tobacco Smoke (ETS). There are two forms of Environmental Tobacco Smoke - main stream smoke is breathed out by a smoker and side stream smoke is from the burning end of a cigarette. The side stream smoke tends to remain in a room longer than mainstream smoke and also contains many cancer causing substances.

For children, exposure to ETS can result in: a higher risk of having asthma symptoms before the age of 5 years an increase in asthma attacks and an increase in the severity of those attacks respiratory infections such as bronchiolitis middle ear infections sudden infant death syndrome. http://sch.sesahs.nsw.gov.au/

What you can do…………… The most important thing you can do for the health of your child is to stop smoking.

Yours in sport
Ann Shakespeare
As well as working hard in all subject areas, the Year Threes have been preparing for NAPLAN testing next week. We also welcomed Mr Zomer and Miss Mohen who are on their Teaching Practicum during this term.

In Science, we have been learning about living things. We have been drawing posters and creating actions to help us remember the list of things that all living things have in common. MRSGREN helps us to remember they move, respire, are sensitive, grow, reproduce, excrete and require nutrition.

Below are some pictures of our actions:

- Movement
- Respire
- Growth
- Sensitivity
We also tied plastic bags around branches of trees around the school, to discover if trees are living things and respire.

We have also been busy making our Mother's Day gifts. Here we are working on them. Don't worry mums, we have made sure we hid the final product from the picture.

We will also be looking at how the Wanneroo area has changed over the years, as part of our History topic. This will cover the physical changes and how the different immigrants have had an effect on the area. For English, we will be looking at Poetry and Procedures, while in RE we will be looking at the Eucharist unit. In Maths, we have been learning to read time, from o'clock to reading time to the minute.

**Did you know????**
If the minute hand is on 12, the hour hand cannot be between any 2 numbers on the face of the clock. If it is, then it is time to get a new clock!
I like to go to the park with my family to play chasey and go on the swings and slide with my mum.

This is a picture of my family at the beach.

**Year 2 RE News**

In Year 2 we are learning about how God created families. We learnt that:

*Jesus is God’s Son.*

*Mary was Jesus’ mother.*

*God asked Joseph to look after Jesus like a father.*

Walking in the grass with my family. Michael

Going for a walk with my family. Gabrielle D

I like to go to the park with with my family.

I like to celebrate birthdays with my family.
Helping students get ready for the NAPLAN tests

The most resilient children and young people are those who rise to meet rather than retreat from the challenges presented to them. Perhaps it’s best to view the NAPLAN tests as good learning experiences rather than dreaded pressure tests.

During the second week of May Australian children in Years 3, 5, 7 and 9 will take part in the National Assessment Program – Literacy and Numeracy (NAPLAN). The stated purpose of this testing program is to gain an overall picture of educational attainment levels to assist education policy and decision-making.

The program first implemented in 2008 has drawn some criticism from a number of different quarters, particularly in regard to the use of the information gained through the NAPLAN tests. You’ve probably heard a number of different viewpoints expressed in the media over the last few weeks.

One view commonly put forward is that the NAPLAN tests put undue pressure on children to perform in test situations. If so, then perhaps the best approach for parents and teachers is to help them handle the pressure rather than avoid it. The most resilient children and young people are those who rise to meet rather than retreat from the challenges presented to them. Perhaps it’s best to view the NAPLAN tests as good learning experiences rather than dreaded pressure tests.

Children and young people take their cues from their parents about how to handle many situations. American psychologist Martin Seligman discovered more than a decade ago, through his research into children’s thinking styles, how closely a child’s explanatory style mimics that of the parent they spend most time around. Optimistic parents beget optimistic kids, just as anxious parents can beget anxious kids. The impact of a parent’s explanatory style seems to be magnified somehow in small families where there are fewer voices to be heard.

As a parent it helps your child, if you take a positive view of the NAPLAN tests. It’s better to see them as learning opportunities for kids as well as opportunities to overcome any anxieties or nerves that these tests may bring on. It’s also worth remembering that many children don’t stress over these tests. The vast majority take them in their stride, wondering what all the fuss is about.

Whether your child stresses or takes them in his stride here are some tips to help prepare for the NAPLAN tests:

1. Take your cues from your child:
   If your child doesn’t worry about them then neither should you. Be careful not to create a problem that doesn’t exist by incessantly talking about, or worse, worrying about the test.

2. Focus on doing their best and trying hard:
   Choose your words carefully when you speak with your kids. As with all their learning activities place your focus squarely on effort rather than results.

The only pressure on kids should be to try hard rather than to do well.

3. Listen to any concerns they have:
   If your child confesses to some nerves then validate their feelings, rather than shut them down with a ‘get over it’ response. “Yes, sometimes tests can be a little scary, but they get easier every time you take them.” Use this as an opportunity to develop some emotional smarts, which starts with recognising how kids feel.

4. Give them some relaxation ideas:
   Anxious or nervous kids will benefit from some simple relaxation strategies. Taking some deep breaths, changing their thinking and exercising the morning of the test are some simple ways to help kids get some feeling of control.

5. Help them retain their perspective:
   One way to help children who become excessively anxious about an event is to ask what’s the worst thing that could happen? Okay, they may not do as well as they would like but the sun will still rise tomorrow, regardless of how well they do. Keeping perspective is a life skill that we all need to practise.

A positive, caring parent attitude is one of the best gifts you can give a child when they are apprehensive or nervous about approaching any different situation whether it’s going on school camp, joining a new club or sitting a NAPLAN test.