NEWSLETTER

Thursday, 28th May 2015

www.stanthonyswann.wa.edu.au

‘A light beneath our feet’

St Anthony’s School Prayer

Father, we pray for the school community of St Anthony’s Wanneroo. Bless and unite us and draw us closer to your son Jesus.

St Anthony, pray for us.

Amen

Prayer to Mary Help of Christians

O Mary, You love me with a Mother’s heart.
Just as you held your son Jesus in your arms you hold me in your care.
Help in my need;
Protect me day by day;
and through your Motherly intercession,
May I become ever more aware of the breath of God living within me.
Mary, Help of Christians,
Pray for us.
Amen

Dear Parents and Carers

Congratulations to the Year 6 students who received the Sacrament of Confirmation on the weekend. The students have been preparing for some time and have had the support of many key people. Thank you to Father John, Parents and Carers, Mr Topliss, Miss Brown, Mrs Allan, Miss Maassen, Miss Mohen and the Parish Catechists. Many staff and some families attended to support these students and this was pleasing to see. This was a very special liturgical ceremony and the students demonstrated reverence in receiving the sacrament. The Confirmation retreat on Friday was an excellent lead up to the Confirmation and gave the students time to reflect on their growth and what receiving the Holy Spirit would mean to them. Thank you to all involved.

St Anthony’s Day is fast approaching and as well as the whole school mass on Friday June 12, the traditional mass and procession will occur at the Parish on Sunday June 14. The Sunday mass is at 11.00am and the Procession will take place at 2.00pm. There will be food and stalls in the St Anthony’s School grounds in between the mass and procession. It would be very powerful to see as many St Anthony’s School students and families as possible at these Sunday events. This will be the 83rd year that the procession has taken place. Please add the date to your calendar – It will be great to see you there!

Our Vision Statement

St Anthony’s School community works collaboratively to teach and live the values of Christ. While respecting tradition, and to meet the demands of a rapidly changing society, it strives to educate our children to reach their full potential.

Lucerna Pedibus Meis
The way we present ourselves improves our self-image and raises our expectations resulting in the achievement of higher outcomes. Staff have been asked to be vigilant in regard to students wearing their uniforms correctly and neatly and in the way that we look after our grounds including litter and lunch boxes. Parents can assist by ensuring that students leave the house with their uniforms presented appropriately and also encouraging students to be responsible for their own belongings and environment. Our uniform policy can be found on our website or by clicking on the following link:

Community members are invited to join us for the Year 2 Assembly tomorrow morning in the under cover area at 8.40am.

God Bless

FAITH and RELIGION NEWS

The Student leaders from Year 6 will also be launching a fundraising appeal to raise money for this worthy cause, by holding a Mini Fete and a Gold Coin Money Link Chain activity on St Anthony’s Day Friday 12th June. The Year 6 Children will also co-ordinate a Mini-Fete after the St Anthony’s Day Mass on Friday 12th June. **So please give your child some pocket money and raise money for this great cause.**

Coming Events;

1. Many thanks to Fr John, All Staff, Children and Catechists for their attendance and able assistance in making the recent Confirmation ceremonies such a beautiful occasion.
2. **Our next Whole School Mass is to celebrate St Anthony’s Mass on Friday 12th June. A reminder there will be a Mini-fete held between Recess and Lunch on this day and organised by the Year 6 Leadership Group.**
3. **Please Note for the St Anthony’s Day Procession- We would like some of our Children to come dressed in their school uniform to celebrate the St Anthony's Day Procession on Sunday 14th June at 2pm. If your child comes to this Mass and participates in the Procession in their School Uniform, your child is entitled to wear Free Dress to school on Monday 15th June.**
4. **Wednesday 24th June – First Holy Communion Workshop 5-6pm for Year 4 Parents.**

God Bless and thank-you
John Topliss
This Week in YEAR 6 B & G:

This week after our Beautiful Confirmation Celebrations we have learnt about:-
* Saints and The Fruits of the Spirit;
* The Preferential Voting System;
* Comprehending the Main Idea of a story.
* Mathematics multiplication and Measurement.
Year 6 students will be receiving their Confirmation certificates at Friday's assembly.

Year 5s have been studying the Holy Spirit. We have looked at ways the Holy Spirit seeks to empower us, how the Holy Spirit is received, and the Pentecost story. We reflected on the fruits of the Holy Spirit and we chose some that we saw in our lives. We also looked at people who have displayed those fruits such as Mary MacKillop.

Five Gold have been concentrating on how the Holy Spirit gives us power to destroy bad in our life and create good, new life. We have also focused on the song 'Fix My Eyes' by King and Country - putting our faith in and our actions based on Jesus's example.
CONGRATULATIONS TO THE STUDENTS WHO WILL RECEIVE THE FOLLOWING AWARDS

AWARD (Friday Assembly): Hayden Lippi, Blake Roost, Livia Stampalia, Zane Ratajczak

The following awards will be presented on Monday, 8 June due to the WA Day Public Holiday

CARE AWARD (Monday Assembly):  BRONZE AWARD (Monday Assembly): SILVER AWARD (Monday Assembly):

ST ANTHONY’S 80TH ANNIVERSARY - The committee is looking for photos, certificates and any other memorabilia past students and their families might have. Due to a large fire in 1985, we are particularly looking for any information dating to before then to rebuild our archive. Any information may be left at the office or sent to barker.ruth@stanthonyswann.wa.edu.au. Photos and certificates will be copied to our archive and returned. Names can be obscured if necessary.

CANTEEN ROSTER - 18th - 22nd May

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<thead>
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<th>1 June</th>
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<th>4 June</th>
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<tr>
<td>Public Holiday</td>
<td>Help Required</td>
<td>Lisa Clancy 9.30am – 11.00am</td>
<td>Help Required</td>
<td>Vicky Marraffa 11.00am – 1.00pm</td>
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Hot Milo Available at recess $1.50
Welcome to Oshclub News

This week we have been looking at our very own country, Australia. We have been discussing what animals we have here and what specific animals represent Australia. We have also talked about some of our famous icons and the things we like and enjoy in our wonderful country. Some of the art activities we have done are crocodile book marks and aboriginal dot painting.

The children are always enjoying the outdoor play. They have been playing around the world and practising their throwing skills. The children have been enjoying playing some outdoor group games together. This has been great for our interaction skills and also our communication skills.

Next week’s theme is Families. We will be looking at our family trees and what family means to us. How families can be different and the different values and beliefs each family has.

It is very important to ensure all your bookings are done online and within the 9pm cut off time as the service is growing. On the day, bookings are not always guaranteed so it is important you allow enough time to book in. Also if your child is booked in and will not be attending, it is essential that you call and leave a message or text to advise us on the number below.

We offer breakfast until 8 o’clock and an afternoon snack for after school. We also 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
EXCITING NEWS!

St Anthony’s P&F is hosting an evening with Maggie Dent on Tuesday 11th August!

Who is Maggie Dent?
Maggie Dent is an author, educator, and parenting and resilience specialist with a particular interest in the early years and adolescence. Maggie is a passionate advocate for the healthy, common-sense raising of children in order to strengthen families and communities. She has a broad perspective and range of experience that shapes her work, a slightly irreverent sense of humour and a depth of knowledge based on modern research and ancient wisdom that she shares passionately in a common-sense way. (www.maggiedent.com)

She will be presenting a seminar titled “Real Kids in an Unreal World: Building Resilience and Self Esteem in Today’s Children (10 Resilience Building Blocks)”.

Please see the attached flyer for details of the event and how to book tickets.

Any questions please contact Em Wraight, Bec McHenry or Karen Thomas

**Be quick to secure your ticket for yourself, guardians, family and friends as this event will be open to the general public at the end of June**
St Anthony’s Fun Run !!

When - Wednesday 10th June
Time - Full timetable available Fun run week
Why - To help raise funds for the naturescape play areas in a healthy fun way!
How- Just fill out your booklet and send back with your sponsor money by Friday 26th June. Also an online payment is currently being set up and we will have those details up next week.

With only 2 weeks to go for our Fun Run we hope children are getting together some sponsorship. You should receive your booklets with lots of great prizes available by the end of this week. Just raise over $10 and the prizes are all yours!
The class that raises the highest amount of money will have their own FREE DRESS DAY Just for them!! Our teachers have come up with this idea and we are sure the kids will love it.

The P&F will be handing out some yummy Quench icy poles after the run. We will also be asking for a few volunteers to help us on the day to help with manning our Cross Country run for the upper years.

Our kids love to see supporters there too so we look forward to seeing you there!!

Mel, Alison and Gill
Lightning Carnival Friday 5th June

Permission slips should now have been returned to classroom teachers in preparation for the carnival next week.

Netball, Boys Soccer and Tag are all taking place at Kingsway Sporting complex. Girls soccer is at Chichester Park, Woodvale and Football at Carine Open Space.

All games begin at 10.00am and will be finished by 2.00pm. There will be a lunch break between 12.00pm and 12.30pm.

Health Committee Meeting

Please meet at the staffroom on Wednesday after school – we will be looking at the returned parents surveys. Please feel free to come along even if you have not been before!

Inter School Cross Country

Students in Years 3, 4, 5 and 6 who are trying out for the Inter school Cross Country team need to attend at least two training sessions next week – Monday lunch time, after school Tuesday, before school (7.45am) on Wednesday or Thursday.

The Inter School Cross Country event takes place on 26th June and permission slips will be sent home after the Lightning Carnival.

Swim Club

I am surprised at the low numbers attending the school swim club at present. If you are not intending to train this term, please let me know.

Time trials will be held soon – make sure you are focused to ensure your best times are recorded.

Students who have achieved level five are eligible to apply to join the club.

Act – Belong – Commit

Keeping mentally healthy is just as important as keeping physically healthy but what does it mean to be mentally healthy?

Mentally Healthy WA describes it in this way: “Most of the time you feel good about yourself, good about what you do, and good about others. You enjoy the simple things in life, feel fairly optimistic about the future, and are interested in what’s going on in the world.”

Being mentally healthy also means you are able to cope with the normal problems and tragedies that occur in life – usually with a little help from friends or relatives when things get really tough. Good friends make the good times better and the bad times tolerable.

Most of the things you can do to keep physically active are also good for our mental health like being active, eating a healthy diet, avoiding drugs and using alcohol in moderation.

But we can do more.

Act; Keep physically, mentally, socially and spiritually active: take a walk, read a book, do a crossword, dance, play cards, listen to music, stop for a chat….

Belong; Join a book club, take a cooking class, be more involved in groups you already belong to, go to community events…..

Commit; Take up a cause, help a neighbor, learn something new, set yourself a challenge, help at school……

For more information visit actbelongcommit.org.au and check out the guide to keeping mentally healthy

PROTECTIVE PASSENGER BEHAVIOURS- CARS

HOW CAN YOUNG PASSENGERS REDUCE THE RISK OF INJURY?

Young children can reduce the risk by:
ROAD SAFETY TIPS
PROTECTIVE PASSENGER BEHAVIOURS- CARS

HOW CAN YOUNG PASSENGERS REDUCE THE RISK OF INJURY?

Young children can reduce the risk by:
• wearing a correctly fitted and adjusted restraint
• sitting in the rear seat of a vehicle
• entering and exiting from the rear door closest to the kerb using the safety door
• travelling without distracting the driver or other passengers
• keeping all body parts within the vehicle
• acting under adult supervision when entering and exiting a vehicle, and while in places such as car parks.

Understanding Food Labels

Nutrition Information Panel

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<tr>
<th>Serving per package:</th>
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<tr>
<td>Serving size:</td>
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<td>Dietary fibre</td>
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<td>Sodium</td>
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1. Look at the ‘per 100g’ column to compare products
2. Choose products with total fat: 5g or less
3. Choose products with sodium (salt) ideally below 120mg but no more than 500mg
4. Look for products with fibre: aim for more than 3g per serve
Special Lunch Day

St Anthony’s Fun Run

Wednesday 10th June

Kindy to Year 6

$5 Lunch Deal: Hot Dog and Fruit Juice Box per child.

On the day only the special lunch will be available from the canteen at Lunchtime. Recess will be as usual.

All orders to be handed to either the Canteen or School Office by Wednesday 3rd June with the correct money in an envelope. Late orders and orders without money will NOT be accepted.