Prayer For Book Week

For The Places They Show Us, And The People We Meet,
We Say 'Thank You God' For Books.
For Fascinating Facts And Interesting Information,
We Say 'Thank You God' For Books.
For Creepy Tales And Funny Stories,
We Say 'Thank You God' For Books.
For Helping Me With My Homework,
We Say 'Thank You God' For Books.
For Illustrations And Cartoons,
We Say 'Thank You God' For Books.
For Things To Do On A Rainy Day,
We Say 'Thank You God' For Books.
For All The Titles I've Yet To Read,
We Say 'Thank You God For Books.

Amen

Dear Parents and Carers

Congratulations to the Year 5 students and their teachers for presenting the learning that has been occurring in their classroom at our assembly last week. It is evident that the students are engaged and that they are proud of their work. The expectation the students have of themselves is a key factor in determining their ability to achieve positive outcomes. Well done to all involved.

Last Friday afternoon, our local federal member of parliament Luke Simpkins, gave two of our Year 6 leaders the opportunity to meet our Prime Minister, the Honourable Tony Abbott MP. We attended a community lunch at Kingsway and heard a speech from the Prime Minister before having the opportunity to meet him and have a photo. Well done to Sara Combes and Ethan Whyte who represented our school positively and with pride at this event.

Thank you to all students for their sportsmanship at the Faction Swimming Carnival on Wednesday. It was pleasing to see students cheering each other on and representing their factions whilst also demonstrating respect for each individual competitor. Congratulations to Servite Faction for winning the carnival and thank you to Mrs Shakespeare, Parents, Carers and Staff who assisted on the day.
Our 80th Year celebrations occur next Friday and this is a fantastic opportunity to look at from where St Anthony’s School has come. It is also a time to demonstrate to our visitors the strengths of our current St Anthony’s School community including respectful, motivated students, a committed staff and a supportive and dedicated parent community who with the Parish are focused on providing a quality Catholic Education. The day will have many attendees including past and present students, parents, staff and others who have contributed to making our school what it is today. Please read the accompanying notice regarding the 80th celebrations to check uniform, canteen and other requirements on the day. I hope to see everyone there!

Well done to all students who took part in the Performing Arts Festival last week. We were recently notified that the St Anthony’s School Choir and Year 5 Girls’ Dance Group were successful in achieving Certificates of Merit. It was also pleasing to note on the dance evening that the cover for the program included our performers from last year. Community members are invited to join us for the Year 3 assembly tomorrow morning at 8.40 in the undercover area. Our Book Week parade will take place immediately after assembly.

God Bless

Mark Marando
PRINCIPAL

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SCHOOL SECURITY
Please be aware that St Anthony’s School operates CCTV as part of our security program.

CARE AWARD (Monday Assembly): Emily Freeman, Jordan Biggs, Raya Hukin, Joshua Howat, Joel Matta, Caitlin Maloney, Shanae Purcell and Ethan Turner.

BRONZE AWARD (Monday Assembly): Joshua Frantz.

GOLD AWARD (Monday Assembly): Holly Carter, Grace Clancy and Ethan Turner.

SWIMMING LESSONS
MONDAY 31st AUGUST to FRIDAY 11TH SEPTEMBER

Year 2B (whole class), Year 2G (Green & Gold Faction students only) and Year 4B
12.45pm - 1.30pm

Year 2W (whole class), Year 2G (Red & Blue Faction students only) and Year 4G
1.30pm - 2.15pm

2016 RE-ENROLMENTS
If you have not already done so, can you please return the re-enrolment letter by tomorrow. This assists us with school numbers for next year.

Thank you
Jan Williams
Admin Officer
ST ANTHONY’S SCHOOL 80TH ANNIVERSARY CELEBRATION DAY

On Friday the 4th of September, the school community is celebrating the anniversary of the founding of the school. Mass will be held in the Church, commencing promptly at 9.00am. All families are invited to attend. All students from Pre Primary - Year 6 will be attending. Kindy and 3 + Program students will not be attending due to the length of time, but are welcome to attend with their parents and must be signed in and out at the office.

Please note the office will be unattended from 8.50am for the duration of the Mass to allow valued staff attendance. Any late arrivals will have to sign in with staff at the Kindy classrooms.

Uniforms - All students must be in full winter uniform on the day. Please ensure uniforms are worn neatly and correctly and polish shoes if necessary.

Change of Parking Procedure – After the drop off period, parents are requested to park in the new parking bays near the council to leave the church carpark free for invited guests, many of whom are elderly.

Morning Tea - At the conclusion of Mass, morning tea is being held in the school grounds. All families are asked to assist with this event by bringing a plate. Non perishable items can be left in the staff room from 2.30pm Thursday afternoon or fresh items can be dropped off to the undercover area on the Friday morning.

A lot of effort and time has gone into planning the 80th celebrations and we are proud to show the community, past and present parents, students and staff what St Anthony's has become today. Please demonstrate our community spirit and promote our school motto “A light beneath our feet”.

Most importantly, we need your support. After the wonderful feedback from Grandparents Day and the great job parents did to cater for our guests, we are asking for all those talented bakers and makers to showcase their talents again for the biggest event of the school year.

We require reliable parents to help host our visitors on behalf of the school and assist with the running of the morning tea. If you can help, please leave your details with the front office or contact Ruth Barker or Rachel Sinagra.

CHANGE OF CANTEEN PROCEDURE – The canteen will not be serving recess on this day as the canteen will be unattended from 8.45am for the duration of the Mass. All children will be required to provide their own morning tea on the day as Mrs Musca will be attending Mass.

All lunch orders for Friday 4th September must be pre-ordered on Thursday 3rd September.

At the conclusion of Mass, all the children in PP-Year 6 will be having an extended recess on the oval so no crunch and sip is required this day. For the remainder of the day, students will have a relaxed afternoon of fun within their own classrooms. Years 2 and 4 will attend swimming lessons as scheduled.

The committee thanks the school community for their support and assistance and looks forward to making this 80th milestone celebration a memory for your children to treasure.

Thank you
80th Anniversary Committee

80th Anniversary Celebration News

With celebrations fast approaching for the 80th mass and morning tea, the 80th committee is asking for P&F class representatives for assistance with set up for the event.

Help will be required on the Thursday September 3rd from 1.45pm - 2.45pm and on the morning of the event on Friday September 4th from 8.15am for morning tea set up and host guests from 10.00am.

Please contact Rachel Sinagra or Ruth Barker via Facebook or leave your name at the office if you can help.

Thank you
Coming Events:
Friday 4th September  Whole School Mass for the 80th Anniversary  9.00am
Tuesday 15th September Parent Night for Family Life Education  7.00pm
Friday 18th September Whole School Mass (End of Term)    9.00am
Monday 21st September  Yr 5/6 Student Session for Family Life Education

Migrants and Refugee Sunday. A day of prayer for migrants and refugees will be observed next Sunday throughout Australia. As we pray for those fleeing from war and oppression, as well as those seeking a new beginning in Australia, we should remember that the Holy Family were ‘refugees’ who fled into Egypt to protect and keep safe the Infant Jesus.

FAMILY LIFE EDUCATION
Parent Information Workshop
Tuesday 15th September at
7.00pm-8.30pm in the School Library

It is essential that the Church adequately explains and promotes the truth about human sexuality and relationships in the classroom. This formation begins in the early years helping children to develop a healthy understanding about their own sexuality, bodies and relationships.

Catholic Marriage and Fertility Services run interactive, educational workshops with parents prior to working with your children in the classroom. We are committed to supporting you in your role as the primary educators of your children. On the night you will have the opportunity to preview the programs so that you are familiar with the language, content and underlying Catholic teaching regarding sexuality. You also have the opportunity to ask questions, express concerns and to share ideas on resources that are helpful for continuing discussions at home with your children. These programs have been developed specifically to fit into the Religious Education curriculum.

The Archdiocesan agency Catholic Marriage and Fertility Services-Family Life Education team will be presenting a program about growth and development at puberty, and Year 5 and 6 parents are invited to attend this very informative meeting as the education team will be returning to instruct the Year 5 and 6 Children on Monday 21st September.

Parent Information session reviews:
“Excellent presentation, very informative and well presented. Lots of resources made available”;
“Thorough, informative session”;
“Well blending of content with personal experience”;
“Thank you a great session. It could have gone on for ages; such was the enquiring response from parents! Thank you, I am looking forward to the student sessions!”.

Please return the slip below to your child’s teacher, or email Mr Topliss - topliss.john@stanthonyswann.wa.edu.au
Last week at Oshclub we learned all about gardens. We were very creative constructing our own gardens from lots of different materials. We had drawn some of our gardens on paper and talked about what we may find in our gardens. Weather permitting, we may be able to plant some plants in our outside garden this week. We have started to plant some herbs using orange juice cartons which we will be keeping inside to watch over.

This week we are looking at electricity and how it works. We will be doing some experiments on statistic electricity as well as looking at ways to see how much electricity we use in and around our home.

This week is Book Week so we are also reading and talking about some of our favourite books. We have borrowed some books from the school Library that are on display for Book Week.

Hours of operation are 6.30am-9.00am and then from 2.40pm to 6.00pm. Please feel free to pop in and see us or you can contact us on 0428 161 879.

Community Feature - Carramar Football Club

Carramar Football Club, formally Carramar Cougars, was established in 2008 to provide Carramar and its surrounding suburbs with a place to play community soccer. In 2003 the junior club merged with the senior club to form one club. This provided a pathway for the junior club members to then follow through to the senior football group. Run by a group of dedicated volunteers, creating the best atmosphere and environment for your children to start and continue to play organised football within Carramar and its surrounding suburbs.

From its humble beginnings the club has continued to develop and grow across all ages from as young as 5yrs to the age of 18 and into senior football. In 2012 the City of Wanneroo installed changing rooms, toilet facilities and also canteen facilities adding more value to the Carramar Football Club experience.

For more information feel free to check out the club’s website at http://carramarfc.com.au

Kind Regards
Tina and Ryan

Wanneroo Little Athletics Club is looking for new members this season...

Fun Family and Fitness is our motto.

Training days are Tuesdays and Thursdays 4.30pm-6.00pm commencing 29th September at Edgar Griffith Park, Wanneroo.

Saturday morning competition days commence 10th October and are held at Kingsway Sporting Complex.

Registration Day is 5th September, 10.00am-1.00pm at Kingsway Sporting Complex.

Kids Sport funding is available for families who qualify and forms are available at local council offices.

Enquiries: Contact Bec 0418172160, bsckzha@gmail.com or visit our Facebook page Wanneroo Little Athletics

MATER DEI COLLEGE TOUR MORNING - Mater Dei College is conducting a tour of the College grounds and facilities on Tuesday 8 September at 9.00am. If you are interested in taking part in the tour or would like further information please contact the Public Relations Officer on 9405 4777 or by email; pr@mdc.wa.edu.au
Parents, it would be appreciated if all canteen accounts can be paid by the end of this week.

Thank you
Lina Musca

FROM THE UNIFORM SHOP...........

We have the following items in stock now:

Tights (age size)  
4-6, 7-9, 10-12 and Average  $8

School Scarves  $5
In Religion this term, we have been talking about the sacrifices that Jesus made for us. In Year One we try very hard to make good choices and to forgive others, just like Jesus.

We have been learning the Our Father. The Our Father is a prayer that is a special way of talking to God. In Year One, we know that God loves us and wants to know everything about us and what we are doing.
We have been working hard in our workshop. We have been using screwdrivers, drills, hammers and other tools to find out exactly what materials things are made of.

In Pre Primary we are learning about olden day games and activities. We have designed, cut, sewn and decorated a doll. We are also learning games like Naughts and Crosses, Snakes and Ladders and Snap.

We have been learning about money in Maths this term.

We have been using money in our shop to pay for our groceries.
We are very proud of our beautiful Year Five girls who won a Merit Award in the Performing Arts Dance section.

We are also proud of our Year Five Boys who were spectacular Men in Black.
This week we were very fortunate to have an incursion from Michael Mangan. Michael is an accomplished singer/songwriter and we use a lot of his music in our liturgies. His music is particularly good for children and even our Pre Primaries actively participated.
FACTION SWIMMING CARNIVAL - A big thank you to Mr Marando and all the staff who supported the running of the carnival yesterday at Aquamotion. It was a great day with many close races, lots of enthusiastic participation and a great deal of fun!

Thanks to the parents who came along to support the students and cheer loudly for individuals and factions. It ended up being a closely contested competition with only 140 points separating all four factions.

**Winning Faction** this year was **Servite**, closely followed by McAuley.

**Champion Boy**: Ethan Whyte  
**Second place**: Michael Shenton  
**Third place**: Taj McDonald

**Champion Girl**: Amber McManus  
**Second place**: Olivia Bonannella  
**Third Place**: Emily Evans

Well done to these students and all those who took part and did their best for their faction.

**YEAR 2 and 4 IN-TERM SWIMMING** - Please remember to complete the enrolment form for In-term swimming and make sure your child has it with them on Monday for the first swimming session.

**SCHOOL SWIM CLUB** - If your child has completed Level 5 in swimming, they might like to consider joining the school swim club which trains on Tuesday and Thursday mornings from 7.00am to 8.00am. We certainly have a number of students who swam very well at the carnival who are not presently members! If you are interested please come along next Tuesday morning at Aquamotion and try out. All forms and information can then be provided to interested parties!

**LOST PROPERTY** - There is an incredible amount of lost property at school again much of which is not named. There are towels and wet gear from the carnival, lunch boxes, jumpers and track suit tops. Please ensure your child’s property is named so it can be returned if mislaid.

**HELP** - I still have more ribbons to be pinned and others to be grouped into tens or fours. I also need some items washed. If you can help please let me know.

Yours in Sport  
Ann Shakespeare

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**PHYS-ED and HEALTH NEWS**

Please come and join a fun-filled fundraising event to celebrate and support Ashley, Brooke and their family. A morning tea will be held on the 30th August from 10.00am until 1.00pm at Forster Park, Belmont. Entry is $10 per person (under 14 free) which includes a Door Prize, tea, coffee and cakes, kids activities and new and used items for sale. The Door Prize is a $650 photography session donated by CK Photography.

There will be raffle tickets available @ 3 for $5 with some very exciting prizes. Please click on the link below to read their story and come along and help support the family.

[http://www.gofundme.com/Ash-Brookie](http://www.gofundme.com/Ash-Brookie)
Exploring The New Frontier Of Parenting - Emotions
By Michael Grose

It's official! Emotions are now part of the parenting and educational mainstream! For some time they've been relegated as a sideshow to the main events of discipline, confidence building, character building, and lately, resilience.

Not now - The recently released movie *Inside Out* gives life to emotions in a fun, accessible way. It's a wonderful demonstration of why we must put emotional intelligence front and centre in our parenting and teaching. The quickest pathway to happiness and success is the acceptance and recognition of feelings. This is not a new idea. Over 2,000 years ago Socrates reminded his Greek compatriots, “Educating the mind without educating the heart is no education at all.”

Current day muse Dr. Marc Brackett, Director of the Yale Centre for Emotional Intelligence is more expansive. He says, “Emotions matter as they drive learning, decision-making, creativity, relationships, and health.” This is not to say that we ignore children's poor behaviour, neglect to set limits or not ask anything of them when they've experienced hardship at school. Accepting and recognising emotions is an added layer in our interactions with kids, which may well be the missing link in building cooperation, connection and resilience. Emotions are messy. They can be loud. They can be hidden. They often interrupt our well-organised schedules. “What do you mean you’re sad? We’re off to watch a movie. It's a happy time!” Emotions are hard to control and difficult to see. Like slippery eels swimming in a dam, you know that they are down there somewhere but it's hard to figure out just what they are doing. It's a wonder parents haven’t smartened up to emotions earlier because ‘good parenting' is hard emotional labour. When your three-year old throws a tantrum in a supermarket and all you can do is grin and bear it (rather than throwing your own tantrum or doing what you really feel like which is disowning your own child!) you're doing hard emotional labour. When you console and contain the hurt of a primary school aged child who throws himself at your feet howling that everyone hates him, you are doing emotional labour. Staring down a teenager who looks you straight in the eye while spitting out “I hate you!” because you’ve denied their request to go out is hard emotional labour. Parents do emotional labour all the time. That's one of the reasons it's so draining. Accepting kids' emotions mean we need to listen to them. We need to be mindful of their feelings as well as their behaviours and thoughts, which is what most parents and teachers are conditioned to do. We've built a broad vocabulary around behaviour management featuring terms such as consequences, limits and boundaries, and time-out to name a few. And the perennial 'To smack or not to smack' question shows we are very willing to have debates about behaviour management methods, but discussions about emotional management are few and far between. The limits of many parents' emotional vocabularies are matched by the limitations in method as well. Most parents when asked can provide plenty of ways to raise a well-behaved child but I suspect many would struggle if asked to name three or more ways to build their children's emotional smarts. This is not a criticism but an acknowledgement of lack of training in the area. Ask yourself, “Who taught you how to recognise, manage and regulate your emotions?” If you answered your parents then lucky you. They’ve given you the tools you need to have successful relationships, to maximise your earning potential (I kid you not) and to behave like a champ, not a chump, when playing sport and participating in other competitive or high performance activities. If you were able to identify any adult who taught you emotional intelligence then I suspect you are in rare company. My guess is you probably couldn’t identify anyone, so your emotional intelligence is unconscious, rather than conscious, making it hard to teach or pass on emotional intelligence skills to kids.

So where do we start? Here are five ideas to help you explore the alien landscape of kids’ emotions, the new frontier of parenting:

1. Listen first When your child fusses and fumes about some wrong-doing or hurt they've experienced clear your mind and listen. Avoid trying to fix the situation just show understanding and compassion. There is no better feeling then being understood.
2. Contain rather than manage (let your kids do the managing) Children's behaviour can become tangled up in upsets and disappointments. It's hard to separate their behaviour from their feelings. Sometimes as a loving, caring adult you just have to soak up their feelings, and give them the time and space to soothe their own souls. We don't have to do that for them.
3. Know that emotions can be pleasant and unpleasant We often place value judgements on emotions by saying some emotions are good or positive (happy, motivated, energised) while some are bad or negative (sad, worried, sullen). Avoid passing judgement in such ways. Recognise that emotions are pleasant or unpleasant and that all emotions are acceptable, whereas some behaviours (such as hurting someone when you are angry) are unacceptable.
4. Build a vocabulary around emotions Just as feelings have names, there are terms for the emotional intelligent parenting method. For instance, I-messages* are a type of communication used by parents and adults who take an emotions-first approach.

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4. Build a vocabulary around emotions Just as feelings have names, there are terms for the emotional intelligent parenting method. For instance, I-messages* are a type of communication used by parents and adults who take an emotions-first approach.
5. Help your kids recognise, then regulate emotions. Ever told a child to calm down only to see their emotions escalate? Kids, like adults, need to recognise their feelings before they can regulate their emotional state, and that's not easy. Emotional recognition is a complex process that takes practice. Even when we are good at it we don't always get it right. Learning to recognise your feelings is a continuous process that's best started when young, before the ups and downs of adolescence becomes a reality.

Emotional intelligence is best learned when it becomes part of your family's culture, or way of doing things. When it becomes part of your family’s DNA then emotional intelligence will be passed down from generation to generation. You'll know it’s had generational impact when your children identify you as the person who trained them in the skills of emotional intelligence. How cool is that!

Want more ideas to help you raise confident kids and resilient young people? Subscribe to Happy Kids newsletter, my FREE week email parenting guide at parentingideas.com.au You will be glad you did! When you subscribe you will also get my fantastic Kid's Chores & Responsibilities Guide with plenty of ideas to get your kids to help at home without being paid.