



Santa Clara School

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Important Dates:

Friday 30 May:

- 2:30pm Year 3 RE Assembly (Rosary)

Saturday 31 May:

- Visitation of Mary

Sunday 1 June:

- Ascension of the Lord

**MONDAY 2 JUNE
WESTERN AUSTRALIA
DAY –
PUBLIC HOLIDAY –
SCHOOL CLOSED**

Tuesday 3 June to Friday 13 June:

- Interm Swimming Lessons for Pre-Primary to Year 6 at Cannington Leisureplex

Wednesday 4 June:

- LifeLink Day

Friday 6 June:

- 9:00am Interschool Cross Country Carnival at Good Shepherd Catholic Primary School, Kelmscott

Sunday 8 June:

- Pentecost

Saturday 14 June:

- P & F Busy Bee from 9:00am – 11:00am

Sunday 15 June:

- Holy Trinity

SUNDAY 22 JUNE:

- 9:30am FIRST HOLY COMMUNION AT SANTA CLARA CHURCH

29 May 2014

VISION STATEMENT

*"Inspired by the Dominican tradition,
Santa Clara is founded on the principles of Truth
and the Christian way of living.
We seek to nurture the individual qualities of each person
within our school community
in a caring and accepting atmosphere."*

Dear Parents/Caregivers, Staff and Students

I'd like to share some thoughts on the dedicated work our teachers and specialist teachers do at Santa Clara. I am always grateful for the wonderful team spirit that prevails at our school, as they continue to provide an excellent Catholic Education to the students in our care.

REAL TEACHERS

- ❖ Real teachers mark papers in the car, during commercials, during staff meetings and have been seen marking in church.
- ❖ Real teachers cheer when they hear April 1 does not fall on a school day.
- ❖ Real teachers can't walk past a crowd of kids without straightening up the line.
- ❖ Real teachers have disjointed necks from writing on boards, ipads, laptops without turning their backs on the class.
- ❖ Real teachers have been timed gulping down a full lunch in 2 minutes, 18 seconds.
- ❖ Real teachers will eat anything that is left around the staffroom because there are people starving in the world.
- ❖ Real teachers hear the heartbeats of crisis; always have time to listen; know they teach students, not subjects; and they are absolutely non-expendable.

And therefore our teachers have "three loves: love of learning, love of learners, and the love of bringing the first two loves together."

Scott Hayden

From the Principal

THOUGHT OF THE WEEK

"The Soul is healed by being with children"

FYODOR DOSTOEVSKY

A LEARNING JOURNEY – IPADS AT SANTA CLARA SCHOOL

As we introduce iPads in our daily teaching and learning, much has been considered for all concerned. We want the very best for our students and believe that becoming digitally literate responsible users of ICT will enhance their learning opportunities and will prepare them for their future at high school and beyond. Whilst we progress with the implementation and the educational use of the iPads, we will fine tune and make changes where necessary.

During the use of iPads or any other electronic device, the students are required to follow class rules and abide by the ICT agreement which parents have signed.

SPEED LIMIT

I wish to remind parents and other road users that the speed limit in the school zone is 40 kmh. This applies from 7.30-9.00am and again from 2.30-4.00pm. By speeding in these zones you are not only breaking the law, but more importantly you are putting at risk the safety of our children attending school.

It would be very much appreciated if you would abide by the signs when dropping off and collecting your children

PERSONAL DETAILS

If you have changed your home address, mailing address, email address or home / work / mobile telephone details recently, please let the office

know as soon as possible. There are times when we need to contact you quickly, such as when your child is ill.

COLLECTING CHILDREN AT THE END OF THE DAY

Parents are reminded that if children are not collected until later than usual, then they must be collected from the front office. Children will not be released from the office until collected by a responsible adult.

This is a serious duty of care issue and I ask parents to assist us in meeting our responsibilities.

SANTA CLARA SCHOOL BUSY BEE

The P&F are organising a much needed Busy Bee on **Saturday 14 June from 9.00am – 11.00am.**

We need many hands to help freshen our oval and the front garden area of the school. The P&F Committee have taken on this project that will help benefit the whole Santa Clara community. There are many jobs for everyone. Just spend an hour or two for your children. Please feel free to bring gloves, a shovel, rakes, wheel barrow or any gardening equipment, and get dirty. If you can't help out then please bring along some morning tea for those doing the work. We would love to see many new faces at our first Busy Bee this Year.

Richard Win Pe
Principal

ASSISTANT PRINCIPAL RELIGIOUS EDUCATION NEWS

YEAR THREE - RELIGIOUS EDUCATION ASSEMBLY – FRIDAY 30 MAY 2014 AT 2:30PM

Tomorrow (Friday 30 May), the Year Three students will be performing their Religious Education assembly in the hall. The assembly will commence at **2:30pm** and the children will be praying the Fourth Sorrowful Mystery of the Rosary. The Fourth Sorrowful Mystery of the Rosary is The Carrying of the Cross, when Christ walked the streets of Jerusalem on His way to Calvary. The virtue most commonly associated with the mystery of the Way of the Cross is patience.



LIFELINK DAY – “Let us OPEN OUR EYES and OUR HEARTS to help people in need throughout WA”

“In the poor and outcast we see Christ’s face; by loving and helping the poor, we love and serve Christ.” (Pope Francis)



Last week, all families received an envelope concerning LifeLink Day 2014. Please give generously on LifeLink Day 2014. All donations will assist many people throughout Western Australia. Please join the Most Reverend Timothy Costelloe SDB (Archbishop of Perth) and Most Reverend Donald Sproxton (Auxiliary Bishop of Perth – Chairman of LifeLink) online for their Official Launch of LifeLink Day on Wednesday 4 June 2014. Please send your envelope to your child's classroom teacher or Mrs Walker in Administration.

SACRAMENT OF RECONCILIATION

Last Wednesday night, nineteen Santa Clara School Year Three students and ten Parish students received the Sacrament of Reconciliation. Sincere thanks to Father Chris, Father Stephen and Father Dimitri for making it a special occasion for all the candidates. The children were very excited leading up to the night and have enjoyed the Religious Education program over the first two terms. Thank you to all the wonderful parents who have taken time to prepare their children.



SACRAMENT FOR EUCHARIST & CONFIRMATION

The Student Retreat Day – Sacrament of Confirmation – was to be held at the Mary MacKillop Centre, South Perth, on Wednesday 18 June, has been cancelled due to unforeseen circumstances. **We have now rescheduled the Student Retreat Day to the Schoenstatt Shrine on Wednesday 4 September 2014.** Please make a note in your diaries.

If you have any queries concerning the Sacramental programme, please do not hesitate to contact Father Chris or Muriel on 9458 2944.

Sacrament of Eucharist	Sacrament of Confirmation
<p><i>Celebrated on:</i> 9.30am Sunday 22 June 2014 At Santa Clara Parish</p>	<p><i>Student Retreat Day / Excursion:</i> 8:50am Wednesday 4 September 2014 At Schoenstatt Shrine, Armadale (Please note new date & venue)</p>
	<p><i>Parent/Student Workshop:</i> 4:45-6:00pm Tuesday 22 July 2014 (Facilitated by Dr Carmel Suart)</p>
	<p><i>Celebrated on:</i> 9.30am Sunday 14 September 2014</p>

Larry King
Assistant Principal – Religious Education

ASSISTANT PRINCIPAL NEWS

Hello Everyone,

It is hard to believe that it is already Week Five and we are approaching the mid-way point of our school year! This is a busy time for students and teachers as we reflect on our progress so far and teachers begin the reporting process. This coming weekend is a long-weekend in recognition of WA Week. I am sure teachers and students will talk more about this in their classrooms.

SWIMMING LESSONS: This year, Weeks Six and Seven of this term have been allocated to our school for in-school swimming lessons by the Education Department. In-school swimming lessons are part of our school curriculum and provide many of our students the vital water awareness, safety and skills required of people living in a community close to rivers and the ocean.

Lessons commence on Tuesday 3 June and conclude on Friday 13 June. Classroom teachers accompany the students to the pool where the lessons are conducted by qualified swimming teachers. Boys and girls are asked to bring something to wear over their bathers; a bathrobe or sweatshirt is ideal, and a pair of thongs or slip-ons to wear to and from the pool. They will also need a plastic bag to store their wet towels and bathers. Students will get changed at school and may need reminders to ensure they pack all items of clothing, including underwear for after lesson comfort.

LATE ARRIVALS AND ABSENTEES: This year we have included several articles on the importance of arriving punctually to school and avoiding unnecessary absences. Late arrivals are not only disruptive to lessons which commence promptly after the bell; regular late arrivals can also be embarrassing to the students and we ask for parents to support the school in ensuring students arrive before the bell. Students are asked to support their parents by being cooperative and helpful in getting ready for school on time in the mornings.

A reminder also that if a student is absent from school, a signed note or email is required for the school records. This is in addition to phone calls to the school office.

CYBER-SAFETY: Each week I have been including cyber-safety tips for children and parents at home as well as including information about the Cyber-safety awareness event that will take place on 26 August. This week I would also like to assure parents that in the teaching of digital literacy teachers are also teaching students to become responsible digital citizens. In keeping with our students' needs, the Australian curriculum and current trends, teachers are implementing many new digital technologies. For example, our school and several of our classes are using Twitter as a tool to communicate with other classes, share work and understandings and have a taste of the experience of blogging (in 140 characters or less!). Please be assured that student activity is carefully monitored, students are **not** encouraged to have their own accounts, randomly search or read tweets and student surnames will not be used on Twitter. Our new school web-site is almost ready to go and parents who do not have a Twitter account will be able to view the school Twitter feed from there along with our school newsletters and other vital information. Watch this space!

YEAR SIX CAMP: I would like to take this opportunity to wish our Year Six class, Mrs Ellis, Mr King, Mr Boxell and other staff and parents involved in the annual Year Six camp a very happy and safe time.

Have a great week everyone.



Ms Temmen
Assistant Principal

Year 6 Class

We're on our way to camp!



Rotto here we come!



Year Two Class News

We would like to share
with you our new
looking classroom.



We are working so hard in our room!



Spelling



Reading



Time to chill out!

SPORTS NEWS

Swimming

We have had a bit of feedback regarding swimming lessons this year so I think I should clarify a few points so that it is better understood.

We are assigned a time slot for our lessons by the Education Department. We request a summer block, as does every other school in our region, and are then allocated our time slot. It is hoped that sometime in the near future we will be given a summer slot. Fortunately the pool we use is indoors and therefore a moderated temperature.

Students will be getting changed once back at school. The bus run between the school and the pool is relatively tight and unfortunately we do not possess the time for the children to get changed at the pool and then on the bus. It may seem like a quick process but this is not the case with the space available and 50-60 students.

Cross Country

Well done to all the Year 3 - 6 students who participated in last week's Cross Country Trials. It was great to see you out there giving it your best.

A special mention to all of you who qualified for the inter school team. We will be racing at Good Shepherd on Friday 6 June.

Andrew Boxsell

Physical Education Teacher

UNIFORM SHOP NEWS

All pre-orders are now available for collection from the Uniform Shop. Thanks for your patience and support.

CANTEEN ROSTER

Friday 30 May Sharon Morris	Monday 2 June PUBLIC HOLIDAY
Friday 6 June Julia Pearson	Monday 9 June Leanne Hamilton
Friday 13 June Cathy Park & Margaret Foley	Monday 16 June Trisha Forte

BUILDING FINANCIAL CONFIDENCE SEMINAR

MONDAY 23 JUNE 2014

6.00PM TO 7.30PM

SANTA CLARA SCHOOL HALL

*Please advise if you are
able to attend this seminar
by Monday 16 June.*



BUSINESS CONTACT LIST

The P&F would like to compile a list of businesses/services offered by families from the school community. This will be a great way to promote your business and an easy directory if you are looking for a local service. This list will be distributed to all Santa Clara School families. To cover the distribution costs a fee of \$10 will apply. If you are interested in being on this list please fill in the details below and return it along with the \$10 to the Santa Clara P&F c/o the school office.

Santa Clara P&F Business Contact List Reply Slip

Business Name: _____

Service/Product Provided: _____

Contact Person: _____

Phone Number: _____

Email: _____

A Note from the Community Health Nurse

Healthy Eating for Children

The *Australian Dietary Guidelines* provide up-to-date advice about the amount and kinds of foods and drinks that we need regularly, for health and well-being.

By providing your child with the recommended amounts from the Five Food Groups and limiting the foods that are high in saturated fat, added sugars and added salt, your child will get enough of the nutrients essential for good health, growth and development. A healthy diet reduces the risk of chronic diseases such as heart disease, type 2 diabetes, obesity and some cancers. Your child may also feel better, look better, enjoy life more and live longer!

The amount of food your child will need from the Five Food Groups depends on their age, gender, height, weight and physical activity levels. For example, a 3-year-old boy requires 1 serve of fruit a day, but an 11-year-old boy needs 2 serves of fruit a day. A 9-year-old girl needs 4 serves of grain (cereal) foods a day, and a 14-year-old girl needs 7 serves a day.

Children who are taller, more physically active or in the higher end of their age band, (and not overweight or obese), may be able to have additional serves of the Five Food Groups or unsaturated spreads and oils or discretionary choices. For further information go to www.eatforhealth.gov.au.

What Should Our Children Eat?

Try and follow these basic guidelines when deciding what to feed your children:

- Include 2 fruit and 5 vegetable serves into the daily routine.
- Serve lean meats, fish, chicken and dairy. Remember eggs and nuts!
- Choose wholegrain bread and cereal.
- Limit saturated fat intake and reduce total fat intake.
- Limit fast food like chips and pastries.
- Limit sugary drinks and offer water or low fat milk instead.
- Limit lollies and foods with a high sugar content

Following these guidelines will help our children to be healthy children.

Healthy Eating - Tips For Parents

- ✓ **Go shopping with your children** and allow them to choose the healthy foods that they enjoy eating. For example, ask children to choose some of the fruit and vegetables.
- ✓ **Shop twice a week** - fresher fruits, vegetables, breads and meats are more likely to appeal to the whole family.
- ✓ **Buy in season** - seasonal fruits and vegetables taste great, are better quality and are better value for money.
- ✓ **Select small pieces of fruit** - younger children prefer smaller pieces of fruit as they are easier to handle.
- ✓ **Choose quality** - try to avoid bruised fruit or vegetables.
- ✓ **Encourage variety** - so that your child does not get bored with their food.

Ten Tips For Parents

1. Give children a variety of different foods.
2. Offer nutritious snacks, like fruit, yoghurt, crackers and cheese.
3. Encourage your child to eat breakfast.
4. Ensure that the family eats together at least once a day.
5. Pack your child's lunch at home. Let your child help.
6. If your child refuses a new food, don't make a fuss. Try again several times.
7. Listen when your child tells you they are full.
8. When your child is thirsty, encourage them to drink water.
9. Allow your children to help with planning and preparing healthy meals.
10. Plan physical activities for your family.