



Santa Clara School

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30 August 2018

IMPORTANT DATES:

Friday 31 August:

- Faction Athletics Carnival for Years 1 – 6 at Wyong Reserve, Pollock Street, Bentley

SUNDAY
2 SEPTEMBER
FATHER'S DAY



Tuesday 4 September:

- 8:45am Fr Chris to visit Year 1

Friday 7 September:

- 2:15pm Year 3 Curriculum Assembly

SUNDAY
9 SEPTEMBER
9:30am
CONFIRMATION MASS
AT SANTA CLARA
CHURCH

Thursday
13 September:
Harmony Day
Celebrations



Friday 14 September:

- Interschool Athletics Carnival at Good Shepherd School

Monday 17 September to
Thursday 20 September
Book Fair Sales

FRIDAY 21 SEPTEMBER
PUPIL FREE DAY –
SCHOOL CLOSED

TERM 4 COMMENCES
FOR STAFF
MONDAY 8 OCTOBER
PUPIL FREE DAY –
SCHOOL CLOSED

TERM 4 COMMENCES
FOR STUDENTS
TUESDAY 9 OCTOBER

Friday 12 October:
• 2:30pm Assembly



But Jesus said,
*'Let the little children come to Me,
and do not prevent them;
for the kingdom of heaven belongs
to such as these.'*

Matthew 19:14

Dear Parents/Carers, Staff and Students

Santa Clara Primary School continues to offer a broad and comprehensive curriculum in line with the requirements of the Australian Curriculum Assessment and Reporting Authority (ACARA) and the West Australian Curriculum. Included in the curriculum at Santa Clara is the Religious Education Curriculum of the Archdiocese of Perth.

Learning Areas

Curriculum implementation at Santa Clara is based on evidence based planning processes taking whole school, class and individual assessment data into consideration. With high expectations in mind, teachers determine what students need to be taught and achieve by considering current levels of achievement and following the content descriptions and achievement standards for each year level in each subject. Student progress is reported against these standards.

The Learning Areas include:

- Mathematics
- English
- Religious Education
- Science
- HASS
- Languages (Italian in Year 3)
- The Arts
- Technologies
- HPE

General Capabilities

General capabilities comprise of an integrated and interconnected set of knowledge, skills, behaviours and dispositions that students develop and use in their learning across the curriculum, and in their lives outside school.

- Literacy
- Numeracy
- ICT Capability
- Critical and Creative Thinking
- Personal and Social Capability

NOT RETURNING IN 2019

If you are aware that your child/ren may not or will not be returning to Santa Clara in 2019, it would be appreciated if you could inform the school office, in writing, as a matter of urgency.

Alternatively, please send an email with the details to:

admin@santaclara.wa.edu.au

6 Ways to Reduce Anxiety in Children

Anxiety in children is normal, just as it is in adults. Our bodies and minds are constantly stimulated, and just like an adult facing a massive workload, children can become overwhelmed by

the world and its ways. Fairly so, considering they haven't had the chance to experience the ups and downs of life just yet. In some cases, there is a need to address more serious conditions such as General Anxiety Disorder, Asperger's Syndrome or Autism, however in most cases, it's simply a matter of teaching kids how to manage their own anxiety. This can be successfully accomplished through teaching social emotional skills. So, what are the main factors that cause stress amongst children?

Outlined below are the most common stress factors in terms of age groups.

Babies become stressed about loud noises, unfamiliar places, incommunicable discomfort, heights, strangers and parental separation. Preschoolers face separation anxiety from their parents, fear of the darkness, as well as frustration due to the inability to communicate, at a time when they are starting to develop their social skills. Disappointment, the fear of getting in trouble and physical threats are also common stress factors for this age group. Teenagers arguably experience the highest level of anxiety, considering the multiple changes in their lives; including puberty, identity, sexuality, school workload and the ever-daunting prospect of their futures.

1. *Validate their anxiety*

Although it may not be the end of the world to you, a child might feel differently when ill-equipped or lacking sufficient experience to cope with a stressful scenario. Dismissing their anxieties can be extremely harmful, as it may cause a sense of shame, and discourage them from sharing these feelings with you in the future. Ensure your child is aware of your support, and make sure they have a clear plan to resolve similar instances in the future.

2. *Strive to be a good role model*

Educators and parents tend to avoid allowing kids to see them in an unhappy or stressed state out of fear that it will project those negative feelings upon them, however when that same child starts to develop similar emotions throughout their development, they will never have seen an example of helpful coping mechanisms. This can lead to a belief that they are unable to be resilient. To avoid this happening, make it known to your children or students when and how you deal with anxiety, not only so that they can learn from your wisdom, but also to encourage mutual consideration amongst emotional sensitivity.

3. *Encourage them to get out of their comfort zone*

Discomfort is an inevitable part of life. One of the best things you can do to prepare your child for the real world is to encourage them to try new things, even if they induce slight anxiety. Of course, we are not saying to force them into traumatic situations, but rather give them a chance to learn something unfamiliar to them. Words of encouragement can go a long way in a new, and possibly scary environment. This teaches kids to persevere and build their own stress management skills.

4. *Baby steps*

Start with the little stuff. Sometimes a child can only see the enormous black cloud forming above them, but with your help, they can see the tiny drops of water that cloud is made up of. Rather than tackling the whole cloud, encourage the child to tackle each droplet at a time. Each time a small problem is resolved, the overwhelming feeling of anxiety gets increasingly smaller. Try engaging them with their favourite game, physical movement (i.e. a fundamental movement class or a non-competitive sport) or some reading for calm stimulation. Discovering these coping mechanisms will help with anxiety in teen and adult years.

5. *Praise the child*

Everyone needs positive reinforcement, even adults. Positive reinforcement results in changes in brain chemistry, which can affect long-term behaviours positively. By allowing a child to see that overcoming fear and anxiety is a success and that it deserves celebration, it will build their skills in the management of anxiety in future. By offering encouragement, you will positively be shaping their future in the right direction.

6. *Try to avoid using labels*

Anxiety can be difficult and debilitating, but labelling a child according to any given condition can be dangerous. It can lead to your child believing that they are their condition, which can inhibit or slow their recovery. Your child is "overcoming anxiety", "managing anxiety" or, in serious cases, "living with anxiety" (as opposed to suffering, which has negative connotations). Your child should not be anchored by something they didn't ask for but is something they can learn skills to cope with and sometimes avoid.

God bless

Richard Win Pe
Principal

ASSISTANT PRINCIPAL NEWS

Book Week and Harmony Day

Book Week is generally celebrated in schools between 18th - 24th August 2018 and, as you will already be aware, we will be celebrating Harmony Day on Thursday, 13th September 2018.

This year Book Week fits perfectly with Harmony Day. The theme of this year's Book Week is "*Find Your Treasure*". With schools being busy places and to minimise the stress for parents, we are combining these two events and having a dress-up day. Within the classrooms, books are being read and the children are working to ***find the treasure within their culture***.

To celebrate these events, we encourage the children to come dressed as a book character or in their cultural dress that relates to a book character. A parade will be held to share our school's multicultural diversity from 9:00am to 10:20am on Thursday, 13th September.

Confirmation

The Sacrament of Confirmation will be celebrated on **Sunday 9th September** at 9:30am. We pray that the Holy Spirit will stay with each of the students and help guide them throughout their lives after receiving this special Sacrament. We look forward to seeing many families there to support the students who will be receiving this special Sacrament.

Assemblies

Congratulations to Year 2 and Pre-Primary for presenting wonderful Curriculum assemblies. Year 2 enlightened us with their STEM project and the importance of using 'Think' questions and Pre-Primary discussed the life of bees and pollination. Well done to both classes and their teachers for all their hard work.

Fiona Messer
Assistant Principal

Harmony Day
Thursday 13th September 2018

Activities for the day:

Parade:
Come dressed in National Dress
Or
your favourite Book Character.
There will be a parade at 9:00am.

Morning tea:
Please bring in National foods to share with
your class for morning tea.

Cultural Gathering:
After lunch we will be coming together to share our
cultural backgrounds.
From 1:30pm - 2:45pm

JUST A LITTLE *Reminder*

- **Last day of Term 3 for students is Thursday, 20 September.**
- **Friday, 21 September is a Pupil Free Day – School Closed.**
- **Term 4 - Monday, 8 October is a Pupil Free Day – School Closed.**
- **Term 4 commences for students on Tuesday, 9 October.**

Removal of Excess School Furniture & Equipment

We will be doing a clear out of all of our excess furniture and equipment around the school.

On **Thursday 6th & Friday 7th of September**, the furniture will be moved in between the staffroom and church for the parent community to take for **FREE**.

Please feel welcome to come along and have a look and take anything you would like.

All items will need to be removed by the end of Friday, 7 September.

CANTEEN ROSTERS

Friday 31 August ATHLETICS CARNIVAL – CANTEEN CLOSED	Monday 3 September HELP NEEDED
Friday 7 September HELP NEEDED	Monday 10 September HELP NEEDED
Friday 14 September Theresa Lwin	Monday 17 September Sharon Morris
Friday 21 September PUPIL FREE DAY – SCHOOL CLOSED	
TERM 4 - Monday 8 October PUPIL FREE DAY - SCHOOL CLOSED	

OSC NEWS

- **OSC Vacation Care Program** will be available from Monday, 3rd September. For a guaranteed booking, please return your form by Friday, 14th September.
- **Friday, 21st September is a Pupil Free Day** – Bookings are now open so please see Keren.

Keren Barry
Supervisor Approval



**Do you have a
Family Favourite
Recipe?
We would love
to hear from you!**

The P & F are asking the school community for their favourite recipes to compile a Recipe Book for our school.

If you are interested in your family favourites appearing in our book, could you please forward the recipe/s to michellek05@bigpond.com.

(If you are able to include a photo of the finished product that would be fantastic, too.)

Providing we gain enough interest, we are anticipating to have the books ready to launch at our International Food Festival & Fete which is being held on the 18 November 2018.

Thank you in advance for your support.

Michelle Kinsman

Canteen News

The Canteen will be closed on Friday, 31 August for the Faction Athletics Carnival.

Sonia Thiel
Canteen Manager

Uniform Shop

**Open Wednesday mornings
From 8:20am – 9:20am**

psst...it's your last chance!

Hurry, we only have **FEW** Hard Copies Left

Just **\$70** giving you over **\$20,000** of value!

Our Entertainment Fundraiser to support Santa Clara School is coming to an end.

Hurry, we only have few hard copies left and we will be returning the books tomorrow **Friday, 31 August 2018**.

You'll receive hundreds of valuable offers for everything you love to do and help our fundraising at the same time!

Please contact Michelle Kinsman if you would like to place an order, have any questions, or would like to have a browse through one of the books.

Cadbury Fundraiser – NEW LOOK!!

We are selling Freddo Friends & Goody Boxes!

We're asking all members of our school community to sell at least one box for us. Feel free to grab another box if you have lots of hungry buyers lined up!

Please collect your box of Freddo Friends or Goody Box from Michelle Kinsman. I am available most days in the Undercover Area or I can be contacted on 0409 05 05 22 or email michellek05@bigpond.com.

Thanks for your support.

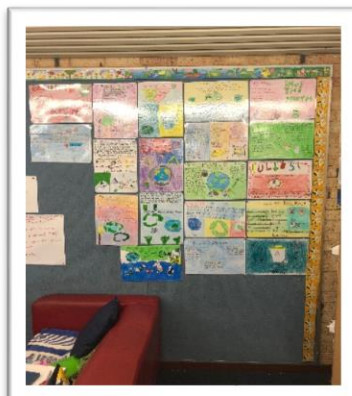
YEAR THREE NEWS

This term the students have been really busy learning so many wonderful things. They have been investigating a variety of environmental issues around the world and how they can make a positive impact in different ways. The students wanted to know what environmentally friendly meant and found this out in a variety of ways. They interviewed a few of the teachers, did a Google search and used a dictionary.

In Maths, the students have been revising Place Value, their times tables and how to construct a column graph. They have started learning about fractions and have completed colourful fraction charts.

The students have learnt the steps used to write procedures and the topics have ranged from 'How to cook delicious recipes', 'How to ride a bike' and 'How to make playdough'.

Next week the students will be very busy preparing for their assembly which will see them share their knowledge about the environment and how we can make our world a better place. Don't miss it!





HOW TO DEAL WITH A DISPUTE OR COMPLAINT IN A CATHOLIC SCHOOL



Belief in Education



CATHOLIC EDUCATION
WESTERN AUSTRALIA

HOW TO DEAL WITH A DISPUTE OR COMPLAINT

The purpose of this publication is to provide an overview of the process to be utilised in Catholic schools in the resolution of a dispute or complaint that may arise from time to time.

The Catholic Education Commission of Western Australia (CECWA), Dispute and Complaint Resolution policy was implemented in first term 2002 and provides a process that must be followed by all Catholic schools when addressing issues of dispute or complaint.

The Dispute and Complaint Resolution policy is consistent with the accountability requirements under the School Education Act (1999).

The Dispute and Complaint Resolution policy has been developed on the following basis:

- the principles of the policy are based on the Church's social teachings and the principles of natural justice eg the right to be heard and the right of response etc.
- the need to resolve the dispute or complaint initially at the school level before involving the Director of Catholic Education.

In the case of a dispute or complaint arising that directly relates to an existing CECWA policy, the procedural aspects of this policy shall be followed, eg student enrolment.

In the case of a dispute or complaint resulting from an employment related issue, the prescribed provision of the relevant Enterprise Bargaining Agreement or Award shall be adhered to.

A copy of the policy and guidelines is available upon request.

OVERVIEW OF PROCEDURES

- All issues of dispute or complaint must be addressed in the first instance at the school level.
- Where the parties are having difficulty achieving a resolution at the school level they may request the assistance of the Director of Catholic Education or Congregational Leader.
- Any party may appeal the Principal's decision to the Director of Catholic Education who will then in turn review the decision.
- Any party may appeal the Director of Catholic Education's decision to the Minister for Education. The Minister for Education will review the process utilised to resolve the dispute or complaint but will not review the merits of the matter.



LIVING THE VISION

Our Journey to live the Catholic faith in the spirit of Jesus Christ continues through...

LEARNING

TRUTH

JUSTICE

MYSTERY

DIVERSITY

RECONCILIATION

and so Our Journey continues...

We in Catholic Education seek to create environments that enhance learning, nurture young people and empower them to live the Catholic faith in the spirit of Jesus Christ by:

*Challenging each other to seek **TRUTH** and **JUSTICE** for all, especially the most vulnerable.*

Belief in Education



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