



Newsletter

Sunday 24 May:

- The Ascension of the Lord

Tuesday 26 May:

- 6:00pm P&F Meeting **HAS BEEN CANCELLED**
- 6:45pm Board Meeting

Sunday 31 May:

- Pentecost Sunday

**MONDAY 1 JUNE:
WA DAY PUBLIC
HOLIDAY**

Sunday 7 June:

- The Most Holy Trinity

**FRIDAY 12 JUNE:
STAFF
PROFESSIONAL
DEVELOPMENT DAY –
SCHOOL CLOSED
(Please note
change in date)**

Dear Parents & Carers,

The simple things in life tend to be what we all enjoy the most! Just think about the things that make you happy and you will begin to realise that it does not take much to make you smile. As I sit here writing, I can think of many times in the last week where I have had the opportunity to laugh or smile.



As can be seen in Mother Teresa's quote, a smile can bring so much goodness to others. A smile is simply an amazing thing. Research shows that smiling has an immediate positive effect not only on others but also ourselves. There is something that occurs in our brain when we see a smile that makes us feel better. Research also shows the more you smile, the more you will enjoy your day. Even when life is tough, smiling at someone else makes a huge difference. Just think about the times that make you smile. As I sit here typing, I am thinking about how last Friday was a hectic day in the office. Among the paperwork and endless jobs, I found some time to sneak a couple blocks of Cadbury chocolate and scoff it down with Kristy and Adrian like naughty children! A very simple thing that had us laughing for about a minute, pure joy, followed by even more laughing when Adrian decided to drop a couple of jokes!

It is incredible what you can notice in life when you just stop. You should try it sometime, just take a look around and see what it is that makes you smile or laugh. Maybe even take the time to think about what you do to make others smile. Giving someone a sincere compliment can make their day. Today I took the time to just stop for a minute during morning duty. All I could see was smiles, on the kids, on the parents and on the staff. Who would have thought something as simple as a catching up with others during school drop off could bring so much joy to our school?

I also visited the Pre-Primary students and was subject to endless compliments, ranging from 'I like your smile' to 'You are nice' and even one that had me gobsmacked, 'You look fit!!' I also complimented them on their efforts this term. The result was twenty odd smiles!

I know there is a lot that happens in our daily life that stops us from smiling. No matter how hard we try at times to find joy, there are things in life that can be

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devastating. There are a number of people in our community doing it tough. The courage these people show is impossible to describe. The fact is this is going on right now. What makes our school community special is that there are people going about quietly supporting others, easing some pain and bringing a smile to the face of someone doing it tough. I am truly grateful to be a part of this beautiful community.

Mother Teresa was all about seeing a need and doing something about it, always keeping the dignity of others in mind. This is what we have an opportunity to do each and every day, in our actions, in our words. When you read about Mother Teresa's life one thing that is evident is that she always made people smile. She was truly a special person. We too, can be just like her. May we take the time to stop and not only smile ourselves but also make others smile!



COVID-19 Update

No Entry to the School Grounds – Government Directive

- Parents and caregivers are not permitted on school property. Please drop off or pick up your children from Kiss and Drive options or car park bays.
- Parents walking children to school, must leave their children at the gate at either Coolgardie or Palmerston Streets.
- During pick up time, for those parents waiting on the footpath, we will now open our oval gate for you to wait on the grassed area to collect your child to avoid foot traffic near the Kiss and Drive.
- If parents need to collect students during the day – please use the Reception button at our front gate.
- Only those visitors who are delivering essential supplies are to be permitted on school properties.

We will do our very best with social distancing during these drop-off and pick-up times. Thank you for your understanding.

School Uniform / Uniform Shop

I wish to thank parents and students for doing their best as we transition into the winter uniform. Next week, will be the last week of transition, however we do appreciate in our current conditions, there may be some delays in items. We are all very understanding of this and we meet all situations with kindness and compassion, however our uniform represents who we are at Santa Clara and our history. Please do your best to ensure your children are in the correct Winter Uniform.

Our current directive from CEWA is to maintain our strict hygiene practices. This means students are unable to try on any uniforms and parents will need to place orders online as they are not allowed on-site. These directives are beyond our control and I know you will be gentle and kind in your words when you need to contact Sonia. Thank you for your understanding.

Sacramental Program Update

The Year 3, 4 and 6 Sacramental Programs for Reconciliation, Eucharist and Confirmation remain on hold for 2020. When directives come through regarding any updates on this matter, we will inform parents of our plans.

Pupil Free Day

Our friendly reminder, our next Pupil Free Day is on Friday 12 June.

Kiss & Drive

Thank you again for all the support with the new 'No Right Turn' when entering and leaving our Kiss and Drive and the patience displayed with any traffic congestion. The quality of our community continues to shine as you all follow our new procedures which are ultimately in place to keep our students safe. Ikigai continues to live in every moment. For this I, along with all our staff, are extremely grateful. I will send out a letter to the community at the end of the week if any changes need to occur. Again, thank you for your support.

Take care over the coming week and thank you for the amazing support you have been to our staff and your children over the last couple of months. All of us are blessed to be in the SC community. I just know I feel like I am the luckiest Principal ever! All the best for the rest of the week and your weekend. Goodness your way!

Clinton Payne
Principal

FROM THE ASSISTANT PRINCIPAL'S DESK

Greetings Everyone,

One of the things that I love about working in a school is the joy that comes with being a teacher. This is evident in many ways each and every day and there is always something that happens that allows me to find that joy. No matter what other events occur on any given day, there is always something to smile at, or that warms my heart.

This sentiment has never been more evident than this week. The return of all our students and the happiness on their faces at being back in class, certainly brought joy to me and judging by the conversations in the staff room, it did the same for the other staff at school. The excitement in the Year Five classroom on Monday when students who hadn't seen each other in person for seven weeks all came back together was fantastic to behold. It was like the first day of the school year all over again. There was tremendous animation in each conversation between them and with me, regardless of whether the discussion was about what they had been doing whilst in isolation, or what they were currently working on in class. It made for a truly happy, bubbly day in the classroom, and the children were very responsive to focussing on their classroom activities even while they caught up with all the events that had happened in each other's lives.

But it isn't just the Year Fives that are showing this joy. Over the past few weeks I have had some opportunity to work with our Year One children during Mrs Hawkins' absence. It is quite a lot of years since I worked closely in an Early Childhood setting, having been in Middle and Upper Primary classes since 2003. A lot has changed in regard to structure and regulations that govern the early years, but the one thing that I remember from working with young children in the past, is the happiness and willingness with which they approach everything at school. The innate curiosity was bursting out delightedly from each student as they busily engaged in their work and in conversation on all matter of subjects. I feel like I was smiling and laughing the entire time that I was in the class.

Another reminder of how joyful it is to be a teacher came yesterday when Mr Payne, Mrs Madafferi and I were invited to the Pre-Primary class to share in the work that they had been doing. From the moment we walked in it was obvious that these children love being at school.

The passion that Miss Carcione and Mrs Raschella have for teaching resonated in the reactions of the entire class, in everything they were doing. The pride with which they showed off the musical instruments they had made and the enthusiastic way in which they gave us an impromptu concert had the three of us singing, clapping and smiling along. Check out the school's Facebook page to see just how much Mr Payne enjoyed the session.

The isolation imposed on society by the Coronavirus pandemic has made it all too easy to lose focus on the joy that teaching can bring. It hit home for me quite strongly this morning in the prayer reflection which Mrs Nunn had prepared for our weekly staff prayer service. The prayer looked at all the many reasons why we **have** to work and then reminded us of the reasons why we **want** to work in education. As the prayer stated: "Let the reasons for all our work come from our hearts". If we keep this sentiment close how can we fail to find the joy in all the work that we do?

Until the next Newsletter,

Adrian Tulett
Assistant Principal

Uniform Shop News

The uniform shop is currently closed. Due to the directive from CEWA, parents are not able to be on school premises.

However, winter uniforms are still available to order online through QuickCliq or via email and phone payment.

The uniform shop email address is 8105svc.Uniform@cewa.edu.au.

Please be aware that children are not able to try on uniforms and we are unable to swap sizes due to hygiene restrictions.

Thank you

Sonia Thiel
Uniform Shop Coordinator

Canteen News

The canteen is open for business and we have made a few small changes.

The children now collect Pre-Ordered recess and lunch orders from the canteen window to minimise unnecessary contact between children and lunches.

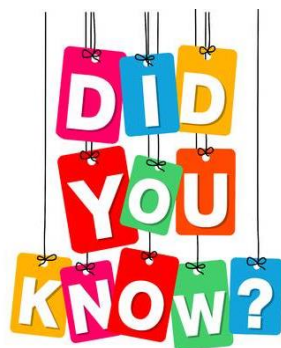
All the necessary hygiene practices have been put in place in the canteen to make it a safe environment for food preparation.

Unfortunately, due to the restrictions of no parents allowed on premises I am unable to have volunteers in the canteen. But as soon as these restrictions are lifted I would love to see some new lovely helpers.

Check out the Winter Menu on the school website or on QuickCliq.

Find us on Facebook to keep up to date with the latest news.

Sonia Thiel
Canteen Manager



OSHC Family Information

This is a reminder that from 1 July 2020, the Government prepares to transition back to the previous CCS system. If any families have changes in income or circumstances, please update Centrelink to ensure you are on the current and correct rebate level.

Karen Kelly
Nominated Supervisor



P&F News

Find us on Facebook: Santa Clara Primary School P&F

<https://www.facebook.com/groups/1434716443415256/?ref=bookmarks>

A warm welcome back to all the children at Santa Clara. It is fantastic to see the classrooms and playgrounds buzzing with excitement again.

Just a reminder that all P&F events remain cancelled until further notice, and further restrictions are lifted. We look forward to celebrating with you all again once this is all over.

Please continue to look after yourselves and each other.

Michelle Kinsman
P&F President



Thank you to the amazing Staff of Santa Clara School who have gone above and beyond in their efforts to support our children and families throughout these very unusual times.

We are truly blessed to be part of such a wonderful community.

Year 3 Snapshots of Term 2



We visited the Pre-Primary to work with them.



We have been working on symmetry in math and made some amazing symmetrical images.



For HaSS we have been learning all about Anzac Day and the symbols and traditions associated with that special day. Our field of poppies art work was very creative!



A Message from the School Health Nurse

Is your child of a healthy weight?

Did you know that more than a quarter of Western Australian school children are above a healthy weight range? It's not always possible to tell if a child or young person is a healthy weight for their age, sex and height just by looking at them.

As children move through puberty and into adulthood, being above a healthy weight range often becomes more obvious but more difficult to manage. It is easier for children to move towards a healthy weight before puberty and adulthood.

Children who grow up in families that enjoy a healthy lifestyle are more likely to make their own healthy choices as they get older.

Tips that could work to keep your family healthy include:

- *Limiting screen time to less than 1 hour day for 3-5 year olds and less than 2 hours a day for 5-17 year olds (this includes the television, computer, phone, game consoles etc.). Screen time is not recommended for children under 2 years.*
- *For every 30 minutes of screen time take a 10 minute activity break*
- *Aim for your child to have at least 60 minutes of "huff and puff" activity a day.*
- *Aim for a variety of colourful vegetables and fruit every day.*
- *Getting plenty of sleep helps with weight management, feeling good and learning. Ideally, children aged 2-5 years need 10-12 hours of sleep and those aged 5-13 years need 9-11 hours.*
- *Reduce sugary drinks, offer water only and, if needed flavour it with lemon, berries or mint.*

Newly adopted healthy habits will help children who are above a healthy weight range to 'grow into their weight' over time.

It is important to avoid discussing weight with children. Weight loss and dieting is not recommended for children, unless under medical supervision.

For some more ideas go to <http://raisingchildren.net.au>.

For fun ideas on how to support children and families to be more active outdoors go to Nature Play WA – www.natureplaywa.org.au.

If you are worried about your child's weight, talk to your doctor or School Health Nurse, **on 92588053**.

What is body mass index (BMI)?

BMI is a measure to see if a child has a healthy weight for their height. The child's age; gender; height and weight are all taken into account when calculating their BMI.

The World Health Organisation (WHO) and National Health and Medical Research Council of Australia (NHMRC) recommend that BMI is used for children as part of an overall growth assessment. BMI is considered to be a simple and accurate way to tell whether a child's weight is above, within or below their healthy weight range.

BMI is done as part of a School Entry Health Assessment.

Parents/caregivers will be contacted if their child's BMI is outside of the healthy weight range. At this contact the nurse can offer personalised support or referral to other health services if needed.

For more information about BMI, go to:

www.cdc.gov/healthyweight/assessing/bmi/childrens_bmi/about_childrens_bmi.html

If you are worried about your child's weight, talk to your doctor or School Health Nurse on 92588053.