As Christians, we cannot be self-centred, but must always be open to others and for others.

Pope Francis

Dear Parents

I hope that you all received my welcome letter last week. This week we officially commence with the first school newsletter of the year.

This week we acknowledged our Year Six leaders for 2017 and presented them with their Student Council badges. Being on the Student Council is an honour and a privilege. It is very much a students all the best in their roles in the areas of – Pastoral, Communication, Environment and Sport.

Please note that the Bush Dance scheduled for this evening has been postponed until next SATURDAY 18th February. Please read the P&F section of the newsletter for further details.

Our first P&F Meeting for the year was held this week. All parents are invited to attend these meetings and a special invitation is extended to our new families. P&F Meetings are a great opportunity to gather together with the Principal, P&F Committee and other parents and find out what you can do as a parent body to make Aranmore Catholic Primary School an inviting place for all, especially new families. The P&F Association also works extremely hard to fundraise throughout the year to help purchase resources for the children. The staff and children are always very appreciative when these new resources are purchased.

We currently have one vacancy for Monday Pre-Kindy (3 Year Old). If your child is three years old already and you are interested in finding out more please call Amanda at the front office or click on the following link - http://wwwaranmorecps.wa.edu.au/pre-kindyl

Our 2017 Annual School Plan is based upon our Strategic Plan LEAD – Learning, Engagement, Accountability and Discipleship, which you can view on our school website http://wwwaranmorecps.wa.edu.au/strategic-plan/

School Improvement Plan – Focus Areas for 2017

- Learning:
  - Australian Curriculum
  - Mathematics – Working Mathematically and Problem Solving
  - Numeracy Dedicated Time
  - Moderation of Work
  - Literacy – Consolidate Grammar
    - Teaching and Learning Driven by Data
    - Grammar Data Wall
    - Learning Intentions

- Engagement:
  - Digital Technologies scope and sequence and resources in the classroom/Learning Hub
  - 21st Century Learning Pedagogy
  - Further Educational Parent Workshops
  - Establish a Playgroup

- Accountability:
  - Professional Learning through...
    - Grammar - Shared beliefs and understanding
      - Data Walls to track student improvement
      - Standardised Grammar test
  - Continue with Goal Setting linked to AITSL
  - School Registration Audit
  - Code of Conduct
  - Protective Behaviours Program

- Discipleship:
  - Continue to embed Mercy Values
  - Increase participation in Social Justice activities - St John Bosco
  - Expand association with St Vincent de Paul

Mrs Margaret Williamson
Principal
RELIGIOUS EDUCATION

Parents please refer to the newsletter and calendar as to when your child’s class is rostered to celebrate a Mass, Liturgy of the Word or Prayer Assembly. Masses and Liturgies of the Word will be celebrated in the school Library. Parents are most welcome and encouraged to attend these special events.

Ms Adriana Coniglio
Assistant Principal

PARISH NEWS

CALLING ALL CHILDREN WHO HAVE RECEIVED THE SACRAMENT OF EUCHARIST

St. Mary’s Parish Leederville

NEEDS YOUR HELP!

Please contact Caterina O’Loughlin at caterina_ol@hotmail.com for further details.

PASTORAL CARE

Congratulations to the Pateria family (Aryan PPG) on the birth of a baby boy born last Friday.

CURRICULUM

HEALTHY FOOD AND DRINK POLICY

Schools are well placed to support healthy eating and in fact have a vital role to play in helping to reduce the worldwide epidemic of childhood obesity. Children should eat a wide range of foods so that they have the energy for learning and growing. Nutrition and physical activity messages are being taught in the classroom to promote healthy lifestyles. Aranmore has a long term vision of embracing a whole of school approach to ensure that the standards for healthy food and drink choices are consistent with these curriculum messages and apply to canteens, class parties, cooking activities, birthday treats, camps and excursions etc as well as other school community events involving the students.

In 2014 the school Healthy Food and Drink Choices Policy was reviewed. A committee was set up with a selection of staff, parents, a nutritionist/dietician and our canteen manageress and a Leadership Team member. The School Board, Leadership Team and P&F Executive were also involved in the policy review. The policy is based upon the Catholic Education Office of WA policy for schools which incorporates the Traffic Light System for foods/drinks. Current research also aided discussions and decisions.

Over the next few newsletters we will be adding elements of the Healthy Food and Drink Policy for your information.

10 FEBRUARY 2017

KEY DATES

- Labour Day Public Holiday – Monday 6 March
- School Photo Day – Tuesday 14 March
- Pupil Free Day – Friday 17 March
- Faction Swimming Carnival – Friday 31 March
- K-6 Learning Journeys (3.15pm – 6.30pm) – Tuesday 4 April
- Aranmore Day – Thursday 6 April
- Term One concludes – Friday 7 April

ALL SACRAMENTS PREPARATION NIGHT:
Thursday 31 March - 7:00pm St Mary’s (Years 3, 4 and 6)

COMMITMENT & ENROLMENT MASSES FOR ALL SACRAMENTS:
Saturday 2 & Sunday 3 April

CONFIRMATION

- Confirmation Parent Night 1: Tuesday 6 April
- Confirmation Parent Night 2: Thursday 5 May
- Confirmation Retreat & Rehearsal Day: Saturday 7 May
- Sacrament of Confirmation: Saturday 14 and Sunday 15 May

RECONCILIATION

- Reconciliation Parent Night 1: Tuesday 27 July
- Reconciliation Parent Night 2: Thursday 18 August
- Reconciliation Retreat & Rehearsal Day: Saturday 20 August
- Sacrament of Reconciliation Night: Thursday 25 August

FIRST EUCHARIST

- Holy Communion Parent Night 1: Thursday 4 August
- Holy Communion Parent Night 2: Wednesday 31 August
- Holy Communion Retreat & Rehearsal Day: Saturday 3 September
- Sacrament of First Communion: Saturday 17 and Sunday 18 September

CHILDREN BIRTHDAYS

Birthdays are celebrated in class with the teacher and classmates and each student receives a Happy Birthday sticker and has the ‘Happy Birthday’ song sung to them. Some classes have a birthday hat, crown, badge etc. Each month those children who have had a birthday will have their birthday celebrated at liturgical singing and receive a birthday pencil.
The children’s birthdays are well celebrated at school and parents should not feel pressured to send in treats. However, if parents still choose to send something in, a suggestion would be a small non-food item eg mini notepad, eraser, bookmark, pencil topper, key ring. If parents choose a food item then it needs to align with the traffic light system and food items from the suggested list may be brought in. Parents are asked to support the school by not sending in chocolate, cupcakes, lollies, chips, etc.

A suggested food list based on the recommendations from the Heart Foundation and the Dietitians Association of Australia are provided below. These suggestions are based on the simple guide of being low in fat and low in added sugar. A good way to tell if an item is low in fat or sugar is to read the nutrition information panel and the ingredient list on the packet. Ingredients by law must be listed from greatest to smallest. So if sugar or a sugar source (maltose, glucose) is the first ingredient then this will form the largest part of the food.

Nutrition information panels provide information about the energy (kilojoules), protein, total fat, saturated fat, carbohydrate, sugars and salt (sodium). The information is listed per serve, and per 100g. Use the per 100g column to compare products, as serve sizes are different between brands.

A good rule of thumb for reading food labels is to look for less than 10g of sugar per 100g and for less than 10g of fat per 100g. This label is for strawberry yoghurt and you can see that all of the sugar is added sugars and it is just over 10g. It might worth looking for another yoghurt with less or more added fresh fruit.

Types of foods that can be brought in for class parties/birthdays, aligning with the Traffic Light system, based on the recommendations from the Heart Foundation and the Dietitians Association of Australia, include:

- Pikelets
- Muffins or cakes that are fruit based (e.g. banana cake, apple and cinnamon muffins)
- Pop corn
- Fruit pieces or kebabs (fresh or frozen)
- Vegetable dippers with hummus, guacamole or salsa
- Sushi
- Muffin or pita bread pizzas with lean meats cheese
- Cheese sticks and crackers

CRUNCH AND SIP
Crunch and Sip is a set break time where children can eat fruit or vegetables and drink water in the classroom. Students refuel with fruit or vegetables during class time at approximately. 10am each day, assisting physical and mental performance and concentration. Each student also has a water bottle in the classroom from which they can drink from throughout the day. Through Crunch and Sip, Aranmore demonstrates its commitment to nutrition education in the classroom, by making links with the curriculum and creating a supportive school environment that promotes healthy eating.

The objectives of the Crunch and Sip break are to:

- Increase awareness of the importance of eating fruit or vegetables and drinking water every day.
- Enable students, teachers and staff to eat fruit or vegetables during all allocated Crunch and Sip break in the classroom.
- Encourage students, teachers and staff to drink water throughout the day in the classroom, during break times and at sports, excursions and camps.
- Encourage parents to provide students with fruit or vegetables every day.
- Develop strategies to help students who don’t have regular access to fruit and vegetables.

LOTE (LANGUAGES OTHER THAN ENGLISH)
At Aranmore Catholic Primary School we have Italian as our LOTE. The Italian Program is supported through the Italo-Australian Welfare and Cultural Centre Inc (IAWCC). Our two teachers are Signora Lorena Casarotto (Kindy, 1G and Years 2-6) and Signora Maria Secatore (Pre-primary and Year 1R). Signora Secatore has worked at our school for a number of years and Signora Casarotto began at Aranmore CPS in 2016.

EXTENSION
The extension program for 2017 will begin on Monday, 20 February for select students in Years 4-6. The Extension Program at Aranmore goes beyond the general curriculum. Students will be required to complete tasks that are open-ended, require developed research skills and independent work habits. The students may be given negotiated programs and contracts. The students will need to use their problem solving skills and they will be challenged using higher order level questioning. Students in the Extension Program will be required to work at a different pace to what is expected in a mainstream classroom. We look forward to sharing with the Aranmore community the work, projects and activities the students will be involved in.
### UNIFORMS
All students are to ensure that the summer uniform is worn correctly.

It is important for all students to keep hair neat and tidy and that no jewellery is to be worn, except for; a watch; a bracelet; one pair of studs or sleepers; a gold or silver necklace with a religious medallion or cross, kept tucked into shirt / dress.

For girls, please ensure that hair accessories are kept to the school colours.

When wearing the Sports Uniform please ensure that sneakers are predominately white.

*Mrs Adriana Coniglio  
Assistant Principal*

### MATHS
**NUMERO**

Numero is a mathematical card game that has been designed for use by students of all ages and is ideal for developing numeracy concepts and problem-solving skills. Playing Numero is a great way to improve maths, while having fun at the same time.

**NUMERO CLUB**

<table>
<thead>
<tr>
<th>When:</th>
<th>Wednesday mornings starting on the 15 February</th>
</tr>
</thead>
<tbody>
<tr>
<td>Time:</td>
<td>7:45 – 8:20 am</td>
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<tr>
<td>Where:</td>
<td>Year 5 Red classroom</td>
</tr>
<tr>
<td>Who:</td>
<td>Students from year 2 – 6</td>
</tr>
</tbody>
</table>

Come along, give it a go and have FUN!

*Ms Fiona Wringe  
Numero Coordinator*

### ADMINISTRATION

**SUPERVISION BEFORE AND AFTER SCHOOL**

Please note that supervision of students commences at 8:15am. Consequently, students should be arriving as of that time as that is when our duty of care commences for the day.

The duty of care of students concludes at 3:20pm each day. When duty ceases in the afternoon, all those students still waiting are asked to sit outside the office. Any children of Kindy or Pre-primary age are asked to sit inside the office to wait for parents.

Thank you for your understanding.

**SIGNING CHILDREN IN AND OUT**

It is important to remember that when your child / children either arrive late for the day or are picked up before the end of the day, that they are signed in or out.

*Please note: If you are signing your child out of school, Mrs Ellen will call for your child / children from their class. Parents are not required to collect their child from class.***

The Sign In or Out book is kept at the front office with Mrs Ellen. Thank you for your assistance in this process.

Thank you for your understanding. We appreciate your support during this time and will keep you informed of changes as the building programme progresses.

**KISS AND RIDE**

All parents are to either park in the correct parking zones or use the Kiss and Ride system. The Kiss and Ride system must flow smoothly for the efficiency and safety of our students. We encourage parents to use this system and be patient in cue as some drivers have cut into the front of the line, rather than wait, which could lead to either cars colliding with one another or a student being hurt.

Parents are NOT to park in the Kiss and Ride area as it blocks traffic and causes drivers to become very frustrated. Parents are expected to stay in their car if using this system and not get out to open doors or find children. Please follow the flow of cars and the Teacher on duty normally gives direction if ‘moving up’ is required to make room for other cars waiting in the cue.

Please ensure that the family name tag is clearly displayed – making it easy for the teachers to call out the family name. If you require new name tags – please contact the Office.

Please park in the available parking zones if you would like to walk over to your child / children or visit classroom teachers, etc.

Thank you for your understanding, patience and assistance in endeavouring to make our school a safe area for the dropping off and picking up of children.

*The Staff Car Park is only for Staff Parking. Please refrain from parking in this area to pick up or drop off children. Thank you for your understanding.*

*Mrs Adriana Coniglio  
Assistant Principal*

### SCHOOL SOCIAL WORKER

**SCHOOL SOCIAL WORKER - MRS ALI FISHER**

I continue in my role as the School Social Worker in 2017.

I am a qualified Social Worker who is available to the students, parents and staff at Aranmore. Social Workers are qualified to assist individuals to change their behaviours, attitudes and situations. Social Workers provide a safe place where parents, teachers and children can be supported in making positive decisions.

Social Workers:

- HELP to resolve the social and emotional difficulties of children that may impact on or interfere with school life.
- HELP children to gain the most from their educational opportunities.
- HELP parents to better understand themselves and their children.
- HELP parents to strengthen their parenting skills.
- HELP children to cope with life’s challenges.
- HELP parents to cope with life’s challenges.
**NETBALL**

To all parents of students in year 3-6 (boys and girls) we invite you to register to play netball for Aranmore Netball Club. We are part of the Perth Netball Association (PNA) and our games are played on a Friday afternoon (year 3) and Saturday mornings (year 4-6) at Matthews Netball centre in Wembley.

The cost to register your child for the season is $165 which can be paid direct to the front office. The netball uniform is the school blue skorts/shorts and Aranmore Netball tops for sale for at $15. See end of the newsletter for the Registration Form.

The season runs from: 6th May to 26th August for year 5-6 and 6th May to 12th August for year 3-4 without any games on the long weekend in June or in the July school holidays.

**SWIM CLUB**

Well what a turn out we had today! We had 16 newbies come and try swim club and what a great way to start the year. Congratulations to all of you for giving it a go.

Welcome back to all our regular swimmers as well. It was so lovely to see all your smiling faces. In total 34 children - a record number.

Given that today was so busy I did not get a chance to organise equipment hire to those who don't have it so please follow these instructions if you do need to hire equipment:

1. Kick boards and flippers are available to hire for the whole year at a cost of $30 for fins and $20 for kick boards for the year. A full refund is given when you return these items at the end of the year. If these become lost I cannot give a refund.
2. I encourage you to bring your own fins and kickboards along if you have it as given there are so many children I am not sure at this stage I can accommodate everyone's equipment needs but I will try.
3. If you were new this week and would like to hire equipment then I will see you again on the 14th February at swimming club next week.

There are many parents wishing to share lifts so please refer to the newsletter I handed out at swimming club for how to make this easier for yourself, complete the information required and email it back to me.

Finally, swimming club was very busy today with the added chaos of the pool not being set up in time despite that I had organised the booking in December last year. With so many new children the coach needed to establish which children needed to go in what lane and it is important to remember which lane you were placed in so that you can return to it next time. Also because it was so busy I did not get to say a special welcome to the new children and welcome back to all our returning swimmers. I must say it was lovely to see you all and I look forward to next week. Toes in 7am but if you want equipment best to arrive 5 minutes early please.

**P & F**

**BUSH DANCE**

Our annual welcome Family Bush Dance has been rescheduled to SATURDAY 18th due to bad weather conditions. This date was the earliest day the Bush Band and Animal Farm were available. You will be pleased to know that the forecast for the 18th is a balmy 28 degrees!

**BUSINESS DIRECTORATE**

At the AGM we launched the business directorate for Aranmore family businesses. If you would like to promote your business in the P&F section of the website please contact Paula Buttigieg on 0408 100 420.

Thank everyone who has volunteered to be class rep this year. Your support to the school community is very much appreciated.

**BUSINESS DIRECTORATE**

At the AGM we launched the business directorate for Aranmore family businesses. If you would like to promote your business in the P&F section of the website please contact Paula Buttigieg on 0408 100 420.

Thank everyone who has volunteered to be class rep this year. Your support to the school community is very much appreciated.

Mrs Elle Gonzalez-Skuja
P&F President
SCHOOL BANKING

GET INVOLVED IN THE SCHOOL BANKING PROGRAM.

Aranmore Catholic Primary School is pleased to offer the Commonwealth Bank School Banking program to all students. School Banking day is Monday. Each week your child needs to give his/her completed deposit slip and money to Mrs Ellen in the school office first thing Monday morning. It will then be processed and returned to your child’s note basket.

School Banking is a fun and engaging way for young Australians to learn about money and develop good savings habits. Children who deposit money into their Youthsaver account through School Banking earn Dollarmites tokens, which they can save up and redeem for exciting rewards.

There are 8 new reward items for 2017 from the Future Savers range as follows:

- Cyber Handball
- Colour Change Markers
- 3D Chalk Set
- Tablet Case
- Smiley Emoji Keyring
- Volt Handball
- Pencil + Tech Case
- Epic Earphones

SETTING UP AN ACCOUNT FOR SCHOOL BANKING.

All you need to get involved in the School Banking program is a Commonwealth Bank Youthsaver account. You can open an account for your child in one of two ways.

Online
Visit commbank.com.au/schoolbanking and click on the link to open a Youthsaver account.

In branch
Visit a Commonwealth Bank branch with identification for yourself and your child, like a driver’s licence and birth certificate.

If your child has an existing Commonwealth Bank Youthsaver account they can start banking straight away. They just need to bring their deposit in every week on School Banking day using their Dollarmites deposit wallet.

School Banking is also a great fundraiser for our school. Our school receives $5 when a student makes their first ever School Banking deposit and 5% on every deposit made through the school (to a maximum of $10 per individual deposit).

Ms Marie Clare Conlan
Banking Coordinator

ARANLICIOUS CANTEEN

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>13 Feb</th>
<th>Belinda</th>
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<tbody>
<tr>
<td>WEDNESDAY</td>
<td>15 Feb</td>
<td>Rachel Smith</td>
</tr>
<tr>
<td>FRIDAY</td>
<td>17 Feb</td>
<td>Alison W/Michelle G</td>
</tr>
<tr>
<td>MONDAY</td>
<td>20 Feb</td>
<td>Paula B</td>
</tr>
<tr>
<td>WEDNESDAY</td>
<td>22 Feb</td>
<td>HELP</td>
</tr>
<tr>
<td>FRIDAY</td>
<td>24 Feb</td>
<td>Marie/Gloria</td>
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Mrs Belinda Civiletti
Canteen Manageress

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CATHOLIC EDUCATION WESTERN AUSTRALIA

Dear parents and caregivers,

Welcome to the start of the 2017 school year. This year promises to be full of exciting new opportunities and possibilities for your child in Catholic Education.

If you are new to our system, I would like to extend a very warm welcome to you and your family. I am delighted that you have chosen to join the Catholic Education Western Australia system, which provides a faith-based education and inspires a passion for learning and discovery for more than 75,000 students in 163 school communities right across the State.

You are joining Catholic Education at an exciting time of system success, growth and transformation.

In 2016, one of the many encouraging indicators of the success of our system was the WACE achievement of our Year 12s. Approximately 66 percent of CESA students achieved a WACE, above the total State average, while CESA students improved their Median ATAR again to 81.30, and were awarded a total of 33 176 VET Certificate 2 or higher.

In the past four years, our system has grown with the opening of seven new schools and colleges. Early Years Learning and Care is a key focus for us moving forward in 2017 as we seek to offer exceptional learning experiences for children in a vital period of their development, while meeting the needs of today’s families.

This year we aim to reimagine collaborative learning at every school across our system by implementing our digital transformation initiative, LEAding Lights. LEAding Lights is a single digital core-system, designed to equip students with the 21st century technologies and deep learning skills that will best prepare them for the future. Much work is underway in this space to ensure that this initiative supports world-class learning and development experiences for both students and staff.

Catholic schools rely on the contribution of parish, staff, students and parents working in partnership to sustain their vibrancy, educational excellence, and faith life. With your support and involvement in your child’s learning, the efforts of our dedicated staff and Principals, we will ensure that our Catholic schools help your child reach toward their God-given potential.

Thank you for your continued support and I wish you all the best for the year ahead.

Yours sincerely,

Dr Tim McDonald
Executive Director, Catholic Education Western Australia
Rainbows is a peer support program for children living in a single parent or step family or, who have suffered a significant loss in their life. It is available for children in years 1 - 6. The primary goal of Rainbows is to provide a safe, loving environment where children can sort through their pain and confusion, build on their self-esteem and develop their coping skills to deal with their losses.

When a change takes place in a family - whether it is a death, divorce or separation - it has a profound effect on the whole family. Children, as well as adults, grieve over the loss of a loved one who was once part of their everyday lives.

Grief is a normal human reaction to a significant loss. Frequently children are not able to express their grief verbally, so it surfaces in their behaviour, schoolwork, as a physical ailment or it affects their emotional development. Even those children who appear to have adjusted well are often struggling inside with different emotions of grief.

The Rainbows program, offered at Aranmore Catholic Primary, provides the guidance children need to work through their grief and move onto the healing process.

The Rainbows Program will commence in term 2 and will consist of twelve sessions. Small groups of children, in similar age categories, will meet weekly with a trained facilitator. Adults as well as children are bound by confidentiality, which fosters trust and provides a safe atmosphere. The groups meet during school hours. If your child has participated in the program previously please discuss with me the suitability of their ongoing involvement.

The Rainbows facilitators for 2017 are Mrs Ali Fisher, Mrs Mary Monterosso, Ms Pam Rimmer and Mrs Eleonora Panaia.

Should you require further information about this program please do not hesitate to contact me.

Mrs Ali Fisher
Social Worker
Rainbows Coordinator

RAINBOWS PROGRAM:  I would like my child/children to be part of the RAINBOWS Program.

Child's name: ___________________________________________ Class: _________

Child's name: ___________________________________________ Class: _________

Child's name: ___________________________________________ Class: _________

Parent/Guardian Signature: _____________________________ Date: ______
2017 Netball Registration Details

Player Name: _______________________________________________________________

Year and Class: ___________________________ Date of Birth ______________________

Address: _____________________________________________________________________

Suburb: ______________________________________________ Post Code _________________

Email Address: _____________________________________________________________

Parent Contact – Name: ______________________________________________________

Parent Contact – Number: ____________________________________________________

Can you please indicate any preferences/inabilities for training day (eg cannot do Tuesday, Friday preferable etc.). No guarantee is given regarding training – it is dependant on coaches and team structure, however every effort will be made to accommodate people where possible)

___________________________________________________________________________

Photography Consent – Taking Images of Children

“I understand that Aranmore Catholic Primary School Netball Club, Perth Netball Association, Perth Lions Netball Region and/or Netball WA may take photographs of my child whilst participating in training, games and/or carnivals. I understand that should a photograph be used names will not be published with the photograph. I understand that no compensation (monetary or otherwise) will be received for the use of photographs.

If you do not agree to this photography consent please contact the club coordinators Julie Scherini or Jennifer Saliacus.

*Please be advised that it is the intention of Aranmore CPS Netball Club to take team photographs this season and present them to players at the end of season windup.

Signature Parent/Guardian: __________________________________________________

Please indicate if you are able to volunteer this year:

Coach
Assistant Coach
Team Manager