Dear Parents,

On Wednesday we gathered as a school community to celebrate our first liturgy. It was also Ash Wednesday marking the beginning of Lent. Lent is a season of reflection, penance and fasting which prepares us for Christ’s Resurrection on Easter Sunday. The Ashes we receive are a symbol of penance made sacramental by the blessing of the Church and they help us develop a spirit of humility and sacrifice. The Lenten season is a good opportunity for us all to spend time in prayer, to give to others in need and to ‘fast’ or ‘give up’ something as a commitment to becoming a better person.

Our liturgy was also a lovely way in which to celebrate being together for the new school year and we asked God to bless everyone at Aranmore CPS, children, staff and parents, for the year ahead. At the end of our liturgy we acknowledged our Year Six leaders for 2016 and presented them with their Student Council badges. Being on the Student Council is an honour and a privilege. It is very much a role of ‘service and giving’ as well as a role of leadership and responsibility. I wish them all the best in their roles in the areas of - Liturgy, Communication, Environment and Sport.

Swimming lessons went very smooth this year – big thankyou to Mr Tsang for all his organisation. I am also very pleased and proud to let you know that the swimming supervisor spoke highly of Aranmore CPS and the bus driver provided feedback to us that our children were extremely well behaved on the bus, have beautiful manners and that we are one of his favourite schools on the swim run. Well done children. I love hearing news like this!

I hope to see you all tonight at the Aranmore Bush Dance on the grassed area behind the hall from 5.30pm onwards. There will be a Bush Band, dancing, the Cuddly Animal Farm and a sausage sizzle. Feel free to bring your own food and drinks. This special event at the beginning of the year is an opportunity for us all to gather together and catch up after the long Christmas break. This year the event will be on the school oval behind the school hall. The Bush Dance is planned and organised by the P&F Association and I would like to thank Elle Gonzalez-Skuja, P&F President, the P&F Executive and all of the P&F committee for their hard work in planning this evening. Thankyou also to School Board Members who will be cooking the sausages on the night. I look forward to seeing you all there.

Our first P&F Meeting for the year was held last 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 most grateful when these new resources are purchased.

Mrs Margaret Williamson
Principal
KEY DATES
- Labour Day Public Holiday – Monday 7th March
- School Photo Day – Tuesday 15th March
- Pupil Free Day – Wednesday 30th March
- Faction Swimming Carnival – Thursday 31st March
- K – 6 Learning Journey (3:15 – 6:30pm) - Tuesday 5th April
- Aranmore Day – Thursday 7th April
- Term One concludes Friday 8th 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

PROJECT COMPASSION 2016
Project Compassion Money Boxes and information leaflets were sent home with the eldest child in each family during the week. The theme for Project Compassion 2016 is “Learning More, Creating Change”.

Caritas Australia is celebrating 50 years of Project Compassion with the theme “Learning more, creating change”, by demonstrating how education, training and sharing knowledge is empowering individuals and communities in six countries around the world to transform their futures and create lasting change.

LENT
Our Lenten season commenced on Ash Wednesday. May this Lent be a time for discovering the sense of communion with God that we can experience through fasting. As well as fasting from food, we might also:
- Fast from mindless entertainment in order to experience the Word of God in scripture
- Fast from shopping for something new and needless in order to share our treasure with those for whom simple everyday survival is a constant struggle
- Fast from overly demanding schedule in order to rediscover the love of family and friends.
- Fast from anger, impatience and our need to be in control in order to recognise our humbleness before God.
- Fast from whatever deters us from being centred fully in the great love of God that is especially present to us during this Lent.

PASTORAL CARE
Parents, if you would like to place a note in the Pastoral Care section of the newsletter in relation to a birth or death, could you please send your message to the office by no later than Thursday afternoon. If you would like the school community to pray for any special intentions you may have, e.g. a family member who is ill or who has passed away. Please let your child’s class teacher or Miss Coniglio know.

Ms Adriana Coniglio
Assistant Principal
CALLING ALL CHILDREN WHO HAVE RECEIVED THE SACRAMENT OF EUCHARIST

St. Mary's Parish Leederville NEEDS YOUR HELP!

BECOME AN ALTAR SERVER

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

CURRICULUM

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.

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

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 something 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
- Raisin bread or toast
- Fruit platter or kebabs with yoghurt dip
- English muffins
- Fruit platter
- Corn on the cob
- Rice cakes or crackers (plain)
- Corn or rice cakes with mashed banana or cheese
- Crumpets or English muffins lightly buttered.
- Plain biscuits e.g. grissini sticks, shredded wheatmeal, arrowroot, milk coffee

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.

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.

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:

- Plain biscuits e.g. grissini sticks, shredded wheatmeal, arrowroot, milk coffee
- Corn on the cob
- Rice cakes or crackers (plain)
- Corn or rice cakes with mashed banana or cheese
- Crumpets or English muffins lightly buttered.
- Plain biscuits e.g. grissini sticks, shredded wheatmeal, arrowroot, milk coffee

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 sugar or more added fresh fruit.

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 Panel](image)

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.

EXTENSION
The extension program for 2016 will begin on Monday, 22 February for selected 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.

Ms Adriana Coniglio
Assistant Principal

NUMERO CARDS ON SALE!
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. PlayingNumero is a great way to improve maths, while having fun at the same time. If you would like to purchase a set of cards for $15 please see Mrs Johnson in 5 Green.

NUMERO PARENT WORKSHOP
If you would like to learn the rules and how to play Numero with your children I will be holding a parent workshop straight after assembly in Week Four on the 26 February. All parents are welcome to attend!

Mrs Stephanie Johnson
Numero Coordinator

ADMINISTRATION

LATE TO SCHOOL
As a Duty of Care, all teachers are required to mark the roll of attendance, in the morning and in the afternoon. At Aranmore CPS, teachers are required to have the morning roll of attendance marked by 8.45am. If children arrive after 8.45am (this is considered Late) they need to be signed in at the office otherwise they are marked as absent as teachers have already taken the role.

If there are pre-arranged appointments we ask parents to please send in a note before-hand to the teacher eg, visits to the dentist, doctor, etc.

Where parents are collecting children during the day, please do not collect from class as this is a disruption to the children’s learning and the teacher. Instead, we ask parents to visit the office to sign your child out and Mrs Ellen will then call for your child. If parents manage to ring before arriving at Administration, then Mrs Ellen will ensure your child is ready at the office.

BEGINNING OF THE DAY REMINDER
Before school supervision commences at 8.15am in the Undercover Area. If children are on school site from 8.15am, they must wait in the Undercover Area.

Classroom teacher supervision begins at 8.30am when classrooms are opened. Children should arrive at school in good time so that they have fifteen minutes to prepare for the day, order lunches and unpack bags. Children should go immediately to their classroom when they arrive at school after 8.30am and not leave the classroom without the teacher’s permission. Teacher supervision concludes at 3.20pm each day.

Children must not play games, use sport equipment other than on the 4 square court or be on playground equipment before or after school.

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. Please do not park in this area. 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. To help with this process, please ensure that your name tag is always displayed. If you have misplaced your name tag – please let Mrs Ellen in the Office know and she will ensure that you receive new ones.

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.

UNIFORMS
Parents are asked to adhere to the uniform/hair/jewellery policy. 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. Please follow the link to the Uniform Policy on our Website:

Ms Adriana Coniglio
Assistant Principal
MUSIC
To all the students that have requested Guitar lessons this year with Mr Rudy Yusof, please note that they will commence in Week 4 or Week 5 of Term 1. Thank you for your consideration.

Mrs Roslyn Twine
Music Coordinator

LIBRARY
ASHTON SCHOLASTIC BOOK CLUB: 2016
ARANMORE CATHOLIC PRIMARY has now OPTED - IN TO LOOP PAYMENTS
You can order items from any current issue and pay online without the order having to go through the school. Search for Ashton Scholastic Book Club on the internet Locate Scholastic Book club Orders-Scholastic Australia www.scholastic.com.au/loop to access the Book Clubs order screen. Follow the prompts to continue with your order. The ordered items with your child’s name and class will be delivered to the school at the same time as items ordered through the usual method of ordering which is still available should you prefer to order through the classroom teacher & library. If you wish to have your orders delivered to your home address there will be a fee for the service.
Information about this is available when you order online.

Mrs Julie Gray
Teacher Librarian

SPORT
ARANMORE NETBALL CLUB
Netball forms will go out next week for any year 3 – 6 girls wishing to play netball this year.

Any parent who is able to coach a team, if you could please contact me ASAP. We rely on parents to coach, and if we do not have enough coaches, then your child may not get to play. Coaches can decide what day to hold training, and can have some input into the makeup of the teams.

Thanks to the P&F we will once again be having WA Netball come and take some netball coaching clinics during sport for all children in years 2 – 6 – starting next week.

Any queries, please contact me on Julie.scherini@amnet.net.au or 0419904264

Mrs Julie Scherini
Netball Coordinator

ARANMORE SWIM CLUB
We had 15 swimmers on Tuesday morning and it was so hot everyone couldn’t wait to get into the pool. Great to see some more of our regulars come along and super to see some parents taking up the opportunity for a swim and some exercise.

If you have grown over the holidays and need bigger fins then please let me know your current shoe size I can organise some bigger fins.

Don’t forget the swimming carnival is the 31 March so it is a good time to start getting fit for this by coming along to swim club.

See you next week Tuesday 7am at Beatty Park. All new swimmers interested in finding out more can contact me on 94431665 or roslynoanes@bigpond.com

Mrs Roslyn Soanes
Swim Club Coordinator

P & F
Dear Parents,
Look forward to seeing lots of Aranmore families at the bush Dance tonight which starts at 5.30pm. Thank you to everyone who has offered to help out this evening. See flyer at the end of the newsletter for more details.

REMINDER: Please return your Class Representative and Contact Details Forms to the classroom or the front office as soon as possible. Thank you to those that have already returned them.

Mrs Elle Gonzalez-Skuja
President P&F

ARANLICIOUS CANTEEN

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ONLINE CANTEEN NOW AVAILABLE
Aranmore Canteen is now available online. Flyers are available from Reception or visit www.ouronlinecanteen.com.au

Please note you can still place an order through the class lunch baskets if you wish.

We are always looking for volunteers to help out in the Canteen so if you can help, even for a little while, please see Belinda at the Canteen. We really do appreciate all your help and support.

Mrs Belinda Civiletti
Canteen Manageress

COMMUNITY
IMPERIAL CALISTHENIC COLLEGE
Calisthenics is best described as a cross between rhythmic gymnastics and ballet – is heaps of fun and is now open for new members. Training for 6-10 yr olds is Thursdays from 4pm-6pm at Lake Monger Recreation Club (Gregory St Wembley). Training for 11-13 yr olds is Tuesdays from 5-7.30pm at Perth Modern School, Subiaco.

If anyone is interested or would like more information, please contact:
Teresa Santoro (Annalise 5G) – subbies@imperialcc.org.au OR
Julie Scherini (Katie 5G) – treasurer@imperialcc.org.au OR call on 0419904264
Presents the annual...

Bush Dance

Free entry!

Friday 12 February • 5.30pm
Aranmore CPS School Oval

Animal Farm • Sausage Sizzle
Southern Cross Bush Band • and MORE!!