

Newsletter



Inspiring. Nurturing. Learning today...Leading tomorrow.

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**If you pay attention to the heart, you will find you are close to the Lord and to others.
Pope Francis**

Dear Parents

This coming weekend, St Mary's Parish celebrates First Holy Communion. I would like to wish all the Year Four children the very best as they receive Jesus for the very first time through this special sacrament. Thank you to our Year Four Teachers, Mrs Raschilla and Mrs Meade for preparing the children so beautifully and to Assistant Principal Ms Adriana Coniglio, for working closely with the parish Religious Education coordinator and Father Angelo, to ensure that the sacramental celebrations run smoothly.

We will celebrate Mercy Day on the 22nd September. It is a day when we reflect upon the Sisters of Mercy and their involvement with our school. Aranmore (then St Mary's) was founded in 1903 by the Sisters of Mercy. Since its beginnings, the school has been under the principalship of the Mercy order of religious however 1999 saw the retirement of its religious head allowing for the first lay principal to carry on the Mercy tradition. Sister Carmel Wringe, will be visiting our school on Friday 22nd September to present our very special Mercy Values certificates and to talk to the children about the wonderful mission work that the Sisters of Mercy are involved with through Mercy Works. We will also be having Mercy Day celebrations at our school in honour of our school heritage commencing with a whole school mass in the hall and fun activities for the children to enjoy in their factions during the day. For further information regarding Mercy Education please see the end of the newsletter.

On Tuesday 19 September from 3.15pm-6.30pm we have a Learning Journey at school for Kindy-Year 6. Parents will have the opportunity to come to school and visit their child's/children's classrooms to view the work the children have achieved thus far in the year. It is a wonderful way for your child to be able to showcase to you, their parents, all the hard work and effort that they have been diligently displaying this term. It is also an opportunity to discuss with your child areas of possible improvement. Teachers will be in attendance, however, should you wish to discuss your child's progress in detail, an appointment should be made for a more convenient time.

I would like to say a big thank you to Mrs Marie-Claire Conlon for all the great work she continues to do with our **School Banking**. If you wish for your child to be part of school banking, forms and information is available from the front office.

The Aranmore School Netball Wind-up and Trophy Presentation for the 2017 season was held recently after school. Many thanks to Julie Scherini and Jennifer Saliacus for all their hard work in the shared role of Netball Coordinator this year. Special thank you to Julie Scherini as she concludes her time as Netball Co-ordinator. Thank you for all your great work over the years Julie. It is very much appreciated. A big thank you to all of the coaches for training and coaching the children and to the team managers for their assistance throughout the season.

Year 3 SILVER	Paula Buttgieg (Coach)
Year 3 GOLD	Ross Infirri & Ang Papantoniou (Coaches on game day) Manager Jennifer Saliacus
Year 4 RED	Jorje Harman (Coach) Casey Harman (Manager)
Year 4 NAVY BLUE	Kylie Hutchinson (Coach) Sheryl Perry (Manager)
Year 5 ORANGE	Lisa Pappas (Coach) Anna Infirri (Manager)
Year 5 PURPLE	Dave Rowse (Coach) Manager (Megan Clarke)
Year 6 AQUA	Teresa Santoro & Lauren Connolly (Coaches) Jenny Rustean (Manager)

The Aranmore School Board would like to **thank those families who have paid their school fees and are up to date**. Should you have any **outstanding fees, please pay these immediately**. **As per the school fee policy, the School Board will take action to recover any unpaid fees through a debt collection agency.**

There are a number of methods in which families at the school can pay their school fees. These include: credit card; EFTPOS, cash, cheque, direct debit and internet banking. Please contact the **Finance Officer, Ms Maureen O'Toole**, at the school office for further details on the direct debit and internet banking options, payment plans and all school fee queries.

Mrs Margaret Williamson
Principal

RELIGIOUS EDUCATION

HOLY COMMUNION 2017

We ask the school community to keep our Year Four students in their prayers as they will be receiving their First Holy Communion on the weekend at St Mary's Parish Leederville. This will take place at either the 6.30pm Mass on Saturday, 16 September or the 10.30am Mass on Sunday, 17th September.

MERCY DAY 2017

This year we will be celebrating Mercy Day on Friday, 22 September. The day will be similar to Aranmore Day but with much more emphasis on the Mercy charism.

8.45am-8.55am	Class Time and Movement to Hall
9.00am – 9.15am	Presentation of Mercy Value Certificates for Term Three
9.15am-10.30am	Mass in the School Hall celebrated by Fr Angelo
10.30am-10.50am	Class Time
10.50am-11.10am	Recess – provided by the school
11.10am-12.40pm	St John Bosco Connection in Year Levels in Factions
12.40pm-1.20pm	Lunch – to be supplied by families. The canteen will be open for lunch orders
1.20pm-2.50pm	Mercy March for Missions
2.50pm-3.00pm	Class Time and Dismissal

A letter with further details about the day was emailed home to all families (PP-6) on Monday.

Ms Adriana Coniglio
Assistant Principal

CURRICULUM

ARANMORE IS A NUT ALLERGY FRIENDLY SCHOOL

Some children are allergic to nut products. To minimise the risks to these children, we are a 'nut allergy friendly' school and **request that food containing nuts are not** sent to school. We ask that you be vigilant in supporting this request as many foods contain nuts or traces of nuts.

Nuts! They sure can cause trouble if you are allergic to them - and a growing number of children are these days. So what kind of nuts are we talking about? Peanuts, for one, though they are not truly a nut, (*they are a legume like peas or lentils*). A person can also be allergic to nuts that grow on trees, such as almonds, walnuts, pecans and cashews.

Why Does the Body Go Nuts Over Nuts? When someone has a food allergy, his or her body sort of misfires. Instead of treating a nut or peanut like any old food, the body reacts as if the nut or peanut is harmful. In an attempt to protect the body, the immune system produces antibodies, (special chemicals designed to fight infections) against that food. The antibodies then cause mast cells (which are a type of immune system cell in the body) to release chemicals into the bloodstream, one of which is histamine. The histamine then causes symptoms in a person's eyes, nose, throat, lungs, skin, or gastrointestinal tract.

What is Anaphylaxis? Anaphylaxis is the most severe form of allergic reaction and is potentially life threatening. It must be treated as a medical emergency, requiring immediate treatment and urgent medical attention. Anaphylaxis is a generalised allergic reaction which often involves more than one body system, (e.g. skin, respiratory, gastro-intestinal, cardiovascular). A severe allergic reaction usually occurs within 20 minutes of exposure to the trigger and can rapidly become life threatening.

TERM THREE LEARNING JOURNEYS (Week Ten)

On Tuesday 18 September, classrooms will be open from 3:15pm – 6:30pm for Learning Journeys. Parents are asked to visit their child's/children's classes, (with their child/children), to view work the students have prepared themselves to discuss with their families. Parents choose to visit the class during the above times. A normal family session to the classroom might be around 15 minutes.

Ms Adriana Coniglio
Assistant Principal

OUTDOOR CLASSROOM DAY

Friday, September 7th the Aranmore Catholic Primary School students took advantage of the beautiful Spring weather and enjoyed lessons outside.

Outdoor Classroom Day is a global campaign to celebrate and inspire outdoor learning and play. Outdoor learning improves children's health and engages them in nature play where they can apply their skills and knowledge to a variety of activities.

Classes enjoyed lessons outside that covered the nine learning areas of the curriculum. Follow the link below for a report from each year along with some photos.

<http://www.aranmorecps.wa.edu.au/category/school-events/>

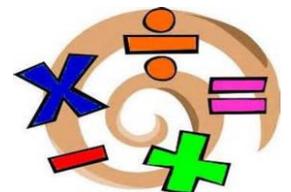
Mrs Lynn Raschilla
Teacher

MATHEMATICS

Congratulations to the following students on receiving certificates and medals for outstanding work in Maths on Athletics and Manga High:

- Athletics Certificates - Elia Santoni, Ansh Kabra and Alex Iacovantuono.
- Manga High Certificates - Sebastian Raj, Jackson Hayes and Isaac Abadi.
- Bronze Medals - Joe Collins and Daniel McGough
- Gold Medals - Ansh Kabra, Lachie Boylen, Ben Thomas, Alex Iacovantuono

Ms Fiona Wringe
Maths Coordinator



MUSIC

PERFORMING ARTS FESTIVAL

Congratulations to all the students who participated in the Catholic Schools Performing Arts Festival. The award certificates were presented at an Assembly on Wednesday morning to the students. Certificates of Merit were awarded to the Years 5 & 6 Choir, The Aranmore Primary Band and the Woodwind Ensemble. Aliyah Parekh, Cuba Williams, Imogen Perry, Sienna Ando, Courtney Perry and Fraser Perkins all received Certificates of Merit for their Instrumental Solos and Fraser Perkins, Aliyah Parekh, Sienna McCagh, Marcela Yep-Colombera, Tobie Fartharly, Kaitlyn Scherini, Amelia Kelly, Hannah Knezovic, Robyn Redmond, Courtney Perry, Lenni Kazandzis and Emma Rowse were awarded for Speech and Drama. Certificates of Excellence went to the Year 6 Dancers for The Rainbow Fish, Kaitlyn Scherini and Isla Buttigieg (Flute Solos) and Benjamin Smith (Speech). The highest awards given, apart from the perpetual Shield, are Certificates of Outstanding Achievement and these were awarded to Mya Ando for her Percussion Solo and Hayley Moore and Lucas Kelly for their Drama Duologue. Certificates of Excellence were awarded to Lucy Wilmot and Eva Papantoniou for their Drama Duologue and Annalise Santoro and Chloe Brink for their Drama Monologue. Thank you to everyone who assisted in preparing the students for their performances.

DRAMA CLUB

This week the Drama club students were very fortunate to have the opportunity to participate in Green Screen Filming at Ali Roberts Studio. The students learnt about the differences between stage acting and film acting methods and lots of film terminology such as 'striking' is a warning that a light is about to be turned on and 'crossing' is said every time someone crosses in front of the camera during set up. Once the scenes have been edited the children will be able to have a look at the final results.



Mrs Roslyn Twine, Music Teacher

LIBRARY

BOOKWEEK MODELS

Book week 2017 winning models from Years five and six students to be announced at hymn singing Wednesday 20 September. As part of Book Week 2017 students in Years Five and Six were invited to create a model related to a favourite book and present it to the Library for display during Book Week. We had a very good response from both year levels. Thank you to all those students who built and entered models.

The whole school including staff, students and parents had an opportunity to vote for their favourite model and the most creative. Prizes will be awarded to the winners in each category and will be presented at Liturgical Singing next Wednesday, 20 September. There were models relating to The Secret Garden, Peter Pan, Black Beauty, Charlie and The Chocolate Factory, Hansel and Gretel, The Magic Faraway Tree, Paddington Bear, Wonder Woman, Escape to Everywhere, Olive or Grove and a couple of Lego models. All models show the huge effort which has been put into the project by those who participated.

Mrs Julie Gray, Teacher Librarian

SOCIAL WORKER

HELP YOUR CHILD GET THE WORRY BUG UNDER CONTROL...FROM PARENTING IDEAS

Many children worry about seemingly little things that they have no control over. Sometimes *'It'll be right. Don't overthink it'* responses will help but at other times worries need a little more attention by parents. Your concern and understanding is one thing but they also need some practical tools and ideas to help them cope now, and build strength so they can minimise the impact of worries in the future. Try these strategies:

Give the worry a name: Somehow giving a worry a name makes it feel less scary and more manageable.

Put your worries in a jar: Wouldn't it be great to put all your worries into a safe and throw away the key? Children can write their worries on some paper and lock them away in a jar by the side of the bed at the end of the day. It's good to know that their worries can't get out because they are locked up tight.

Limit talking time: It's good if children can talk about what's on their mind but talking needs to be contained to prevent their worries from dominating their lives.

Normalise rather than lionise their anxiety: Anxious kids are very sensitive to their parents' concerns and worries. One way we actually build their concerns is by continually reassuring them that things will be fine. One reassurance should be sufficient most of the time followed by *"I've already talked to you about that."* Continually going over old ground can allow worries to linger longer than necessary.

Worry about the things worth worrying

about: Worrying is energy-sapping and can take up too much of anyone's time. As your child gets older help them to distinguish between what's worth worrying about and what's not. Helping them prioritise their worries helps them feel like they are in control.

Give them the tools to relax: playing, reading, listening to music, mindfulness, walking the dog. It's not that worriers can't function well. They generally over-function as they come to grips with their anxieties. Not only can worrywarts be hard for parents to live with, but they can become difficult partners and friends as adults. This makes childhood the perfect time for parents, not so much to nip worries in the bud but to give natural born worriers some tools and strategies to make life more tolerable now and, importantly, in the future.

**Mrs Ali Fisher
Social Worker**

ADMINISTRATION

SUMMER UNIFORM COMMENCEMENT OF TERM FOUR

This is a reminder that students in Years PP to 6 must wear summer uniform in Term Four. The Uniform Shop is open each Tuesday morning from 8.00am till 9.30am if you need to purchase new uniforms. Please note that the Uniform shop is not opened during the school holidays. Tuesday 19 September is the last trading day for Term 3.

PARKING ON BRITANNIA

The **temporary no parking restrictions have been removed** and the streets have reverted to their former status of having no parking restrictions, except for the small portion of Britannia between Oxford and the Right Of Way which has been 2P for a period of time.

EARN AND LEARN WOOLWORTHS TWO WEEKS LEFT

In 2015 we received many new classroom resources through this programme and we will be a part of it again in 2017 so we would love your support. The more stickers collected, the more points Aranmore receives - so we can purchase free resources for the classrooms. It was brilliant in 2015!

You can collect Woolworths Earn & Learn Points from the checkout operator and place them on a Points Sheet. There will be one Woolworths Earn & Learn Point for every \$10 spent. Once completed, you can place your Points Sheet in the collection box, either at the Office or at your local Woolworths (we have a box at The Mezz).

The programme concludes on 19 September. Thanks for your support.

Ms Adriana Coniglio
Assistant Principal

P & F

BUSINESS DIRECTORY

We are pleased to announce that our Business Directory is now live on the school website under the "Community" section! See link below. Directory comprises of businesses who have supported our school. If you would like your business to appear in the Directory, please contact Paula Buttigieg on 0408 100 420.

<http://www.aranmorecps.wa.edu.au/business-directory/>

Thank you for your support of the P&F.

Mrs Elle Gonzalez-Skuja,
P&F President

SPORT

ARANMORE SWIM CLUB

Yet another miserable morning outdoors on Tuesday but warm and toasty in the indoor pool at swim club. We had 18 swimmers on Tuesday morning but not one new person came to our 'come and try morning'. Well it is on again next week and we welcome any people who have not been to swim club before or year 3 students who would like to come and try. If you are able to swim 25 metres continuously then you are welcome to come along for free to see if you like swim club.

So last week of term next week and I look forward to seeing our regulars and some newbies in the pool.

Mrs Roslyn Soanes
Swim Club Coordinator

MERCY VALUE OF THE WEEK

STEWARDSHIP

Let us take care of everything God has given us

15 SEPTEMBER 2017 - KEY DATES

SPECIAL REMINDER DATES FOR TERM TWO

- Learning Journeys – Tuesday September 19
- Mercy Day Mass – Friday September 22
- End of Term Three – Friday September 22
- Term Four commences – Monday October 9
- End of Term Four – Friday December 8

FIRST EUCHARIST - all held at St Mary's Church

- Sacrament of First Communion: Saturday 16 and Sunday 17 September

ARANLICIOUS CANTEEN

MONDAY	18 Sept	Belinda
WEDNESDAY	20 Sept	HELP
FRIDAY	22 Sept	Andrea Tan, Kaluba, Valissa & HELP
MONDAY	9 Oct	Belinda
WEDNESDAY	11 Oct	Nicole Harbridge
FRIDAY	13 Oct	Valissa & Nicole H

Mrs Belinda Civiletti
Canteen Manageress

COMMUNITY NEWS

ALI ROBERTS STUDIO

We are offering an exclusive discount to Aranmore students and siblings - 20% off their first workshop at the Ali Roberts Studio!

Workshop dates: alirobertsstudio.com

Discount Code: aranmore-20

School Holiday Fun!

- Stage and Screen Workshop
- Voice and Accent Workshop
- Musical Theatre Workshop

Ali Roberts Studio, proud sponsor of the Aranmore Drama Club - 2016 & 2017

Link: <http://alirobertsstudio.com>

Phone: 0426 600 757

MERCY EDUCATION

Catherine McAuley was born in Dublin, Ireland, in September, 1778 to a prosperous Catholic family. Though her father, James McAuley, died in 1783 when Catherine was just five years old, his compassion for the poor, especially children and families who lived nearby, was a lifelong example for his eldest daughter. Fifteen years after her father's death, Catherine was orphaned in 1798 and chose to live in the home of relatives, some of whom were non-Catholic and had little tolerance for her pious practices.

In 1803 Catherine was invited to live in the home of William and Catherine Callaghan as a companion to Mrs Callaghan. The Callaghans were childless and upon Mr Callaghan's death in 1822, Catherine inherited their fortune: about £25,000, their estate, 'furniture and plate.'



In 1824, Catherine used her inheritance to lease property on Baggot Street, a fashionable neighbourhood in Dublin, for the purpose of building a large house for religious, educational and social services for women and children. Other women, intrigued by the house and the work for which it was intended, were attracted to Catherine and began to join her preparations for the ministry she planned.

On September, the 24th, 1827, the Feast of our Lady of Mercy, the first residents came to live in the house they called the House of Mercy in honour of the day and two years later, the Chapel was dedicated.



Between late 1829 and 1830, after prayerful deliberation and consultation, Catherine and her associates agreed to found a new religious congregation. Though this was not her original intention, Catherine began the founding of a new religious congregation of women dedicated to service to the poor.

Catherine and two of her associates entered the Convent of the Presentation Sisters in Dublin on September 8, 1830, to begin formal preparation for founding the Sisters of Mercy. Fifteen months later, the trio pronounced vows of poverty, chastity and obedience, and to persevere until death in 'the Congregation of the Sisters of Mercy.'

Thus the new community was founded on December 12, 1831. Catherine lived only ten years as a Sister of Mercy but in that, time she established nine additional autonomous foundations in Ireland and England and two branch houses near Dublin. When she died in 1841, there were 150 Sisters of Mercy. Shortly thereafter, small groups of sisters left Ireland at the invitation of bishops in Newfoundland, New Zealand, the United States, Argentina and Australia. The Sisters of Mercy of the Americas now serve in North, Central and South America; the Caribbean; Guam and the Philippines, with more than approximately 4,000 sisters responding faithfully to the needs of the poor in these countries.



When **Sister Ursula Frayne** and companions arrived at Barrack Street Jetty in January 1846, little did they know that their Order of the Sisters of Mercy – notable for achievements in education and social service – would go on to have a 170-year presence in the colony and throughout Australia. Sister Kerry Willison, Mercy nun from Leederville parish says she was inspired by the dedication and resourcefulness of these women. "What really struck me was their courage in stepping out of their comfort zone and travelling across the Atlantic to Australia. It's also important to look at what they experienced when they got here, with no preparations for their arrival. They weathered all these storms and still survived – the Sisters of Mercy still have an important presence in Australia many years later."

Perhaps the best indication of this presence is in the educational facilities which the order set up, starting with Australia's first Mercy school in 1846, followed by WA's first secondary school three years later at the current Mercedes College site.

In 1857, Ursula Frayne moved to Melbourne where she repeated this success, founding a boarding and day school for girls, two primary schools and a domestic training school for orphans, beginning from a site in Fitzroy.



The image of a bronze plaque by sculptor Gael O'Leary, commemorating the Sisters of Mercy's arrival in Perth 170 years ago