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, Ms Mary Lannigan and Mrs Marion Cosentino 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 **23rd 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 principaship 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 Catherine, former Principal of Aranmore Catholic Primary School, will be visiting our school on Friday 23rd 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. On Saturday 24th September eight Year Six representatives will join Ms Coniglio and I at St Marys Cathedral for a special mass to be celebrated by Archbishop Costelloe in honour of the 107 year anniversary of the Mercy nuns in Australia. For further information regarding Mercy Education please see the end of the newsletter.

On **Tuesday 20 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 Ms 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 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**

**MERCY DAY 2016**

This year we will be celebrating Mercy Day on Friday, 23 September.

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
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<tbody>
<tr>
<td>8.45am - 8.55am</td>
<td>Class Time</td>
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<tr>
<td>9.00am – 9.15am</td>
<td>Presentation of Mercy Value Certificates for Term Three</td>
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<tr>
<td>9.15am- 10.30am</td>
<td>Mass in the School Hall celebrated by Fr Angelo</td>
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<tr>
<td>10.30am-10.50am</td>
<td>Class Time</td>
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<tr>
<td>10.50am-11.10am</td>
<td>Recess – provided by the school</td>
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<td>11.10am-12.40pm</td>
<td>Mercy March for Missions</td>
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<td>12.40pm- 1.20pm</td>
<td>Lunch – to be supplied by families. The canteen will be open for lunch orders</td>
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<tr>
<td>1.20pm-2.50pm</td>
<td>Faction Team Building and Problem Solving Activities in Factions</td>
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<tr>
<td>2.50pm-3.00pm</td>
<td>Class Time</td>
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A letter with further details about the day was emailed home to all families (PP-6) on Monday.

Ms Adriana Coniglio  
Assistant Principal

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**CURRICULUM**

**ARANMORE IS AN ALLERGY AWARE 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, the 20th of 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.

**LEGO TABLE**

As part of our passive play equipment we have recently purchased a Lego Table. However, we now need to fill it with Lego. If you or your children have any Lego at home which you were thinking of throwing out – it would be appreciated if you could donate it to Aranmore CPS. Any donations can be left with Mrs Ellen in administration.

Ms Adriana Coniglio  
Assistant Principal

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**ARANMORE CHESS CLUB**

Friday lunch time chess club, for Year 3 to 6, has been underway for 3 terms now with our ‘regulars’ attending weekly to battle it out against each other. It has been wonderful to see the weekly commitment by students. Term Four will see us decide on one Grand Master champion.

Owen and Matthew haven’t missed a day all year!

I have heard that Ryan finally beat his Dad at chess.  
Can he beat Sebastian?

Charlie and Ruby battle each other.  
Who is the ultimate champion?

Ms Fiona Wringe, Chess Club Coordinator
**SUSTAINABILITY**

The Year Sixes were fortunate enough to have Belinda Bloxome from CSIRO’s Sustainable Futures Program come out and conduct a number of experiments to investigate the effects of acid on calcium carbonate. This was then linked to our local environment and how we can make changes to help improve the world around us.

Mrs Morgan Foster
Sustainability Coordinator

**SCHOOL SOCIAL WORKER**

Tips for raising a mentally healthy child:

- Be your child’s biggest fan. Love them unconditionally
- Encourage them to be physically active and allow them the freedom to explore their environment
- Provide opportunities for independent as well as group play
- Keep the communication channels open, especially through the teenage years
- Failure is inevitable and a good learning opportunity
- Make good language a priority
- Reduce chaos and promote routine. This allows children the opportunity to focus on the bigger picture – learning

**PATHS**

Compassion is the value we will be focusing on for the final weeks of term. Compassion means showing mercy and being sympathetic to others. When we are showing compassion we are able to recognise the suffering of others and then take action to help.

Mrs Ali Fisher
Social Worker

**ADMINISTRATION**

**SECURITY AT ARANMORE**

As previously mentioned in the newsletter the gates and doors surrounding the school are closed during the day (9.00am – 2.30pm) for security eg oval gates, undercover gates, glass door near staircase, back Kindy/PP gate. If you see something open please close it. Parents will need to access the school through the white gates near admin building if they are visiting during the day.

**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.

Ms Adriana Coniglio
Assistant Principal

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### 16 SEPTEMBER 2016

#### KEY DATES

- Learning Journeys Tuesday 20 September
- Mercy Day Mass Friday 23 September
- End of Term 3 Friday 23 September
- First day of Term 4 Monday 10 October
- Term 4 concludes

**FIRST EUCHARIST**

- Sacrament of First Communion: Saturday 17 and Sunday 18

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**SPORT**

**SWIM CLUB**

Don’t forget we will have **Come and Try Tuesday** on the last week of Term 3 – 20/9/2016 and the first two weeks of Term 4 – 11/10/2016 and 18/10/2016. Spread the news to your friends who might be interested. The idea of the come and try weeks is to invite new swimmers along who have not been to swim club before and it is free for all new swimmers who come along in these weeks. This is especially suited to our younger swimmers in years 2 and 3 who may want to just see how they go at swim club and being in a squad.

Mrs Roslyn Soanes
Swim Coordinator

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**ARANLICIOUS CANTEEN**

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<tbody>
<tr>
<td>Monday</td>
<td>19</td>
<td>No Help</td>
</tr>
<tr>
<td>Wednesday</td>
<td>21</td>
<td>Rachael Smith</td>
</tr>
<tr>
<td>Friday</td>
<td>23</td>
<td>Andrea Tan &amp; Paula</td>
</tr>
<tr>
<td>Monday</td>
<td>10</td>
<td>No Help</td>
</tr>
<tr>
<td>Wednesday</td>
<td>12</td>
<td>Anna Singh</td>
</tr>
<tr>
<td>Friday</td>
<td>14</td>
<td>Michelle Brouwer &amp; HELP!</td>
</tr>
</tbody>
</table>

Mrs Belinda Civiletti
Canteen Manageress
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.