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

Dear Parents,

Welcome to the 2016 school year. I hope that you all had a lovely Christmas and holiday break enjoying some time with your family and friends. A very special welcome to all new families who have joined our school community this year. I am sure that it will not take you long to enjoy the wonderful Aranmore spirit. The Aranmore P&F hosted a Welcome Morning Tea for Pre-Kindy and Kindergarten families this week. It was a wonderful opportunity for parents to gather together on the first day that their PK or Kindy child started class and meet other parents.

This year is the Extraordinary Jubilee Year of Mercy. Pope Francis says, "We need constantly to contemplate the mystery of mercy. It is a wellspring of joy, serenity and peace. Our salvation depends on it. Mercy: the word reveals the very mystery of the Most Holy Trinity. Mercy: the ultimate and supreme act by which God comes to meet us. Mercy: the fundamental law that dwells in the heart of every person who looks sincerely into the eyes of his brothers and sisters on the path of life. Mercy: the bridge that connects God and man, opening our hearts to the hope of being loved forever despite our sinfulness.

At times we are called to gaze even more attentively on mercy so that we may become a more effective sign of the Father’s action in our lives. For this reason I have proclaimed an Extraordinary Jubilee of Mercy as a special time for the Church, a time when the witness of believers might grow stronger and more effective.

The motto for the year, Merciful like the Father, serves as an invitation to follow the merciful example of God who asks us not to judge or condemn but to offer love and forgiveness instead.

Read the Pope’s full message on the Extraordinary Jubilee Year of Mercy at:

Next Wednesday morning we will gather as a school community to celebrate our first whole school mass. We will ask God to bless each and every one of our children, staff and parents throughout the year ahead. We will also acknowledge our Year Six leaders for 2016 and present them with their Student Councillor badges.

At Aranmore we are specially blessed to have such a dedicated and professional staff who are fully committed to providing the very best education for your children as well as caring for and nurturing them. The classroom teachers are the first point of contact regarding any of your concerns or queries with your children and are available to meet with you. Thank you to all the parents who were able to attend the Parent Information meetings (PP-Yr 6) last evening. There was a fabulous turn out. If you not able to attend the meeting please make a time to meet with your child’s class teacher as soon as possible.

We have had a smooth start to the term and the children have been especially enjoying their swimming lessons in the warm weather. I look forward to catching up with you all at the welcome Bush Dance on the 12th of February.

Mrs Margaret Williamson
Principal
KEY DATES

- Beginning of School Year/Ash Wednesday Mass: Wednesday 10th February @ 9:30am
- 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

RELIGIOUS EDUCATION

Whole School Mass
Our Beginning of the School Year Mass and Ash Wednesday Mass will be combined this year and will be held on Wednesday, 10 February at 9.30am at St Mary’s Church. All are welcome to attend.

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.

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.

Social Justice at Aranmore
Christian Brothers
An excerpt from a letter received on 20 December 2015 from Br Rodney J. Ellyard of the Christian Brothers.

“I write to express my and our appreciation for this generosity, which I would have imagined involved many people, not least the children.”

Sisters of Our Lady of the Mission
An excerpt from a letter received on 22 January 2016 from Sister Christine Barbender RNDM.

“I am writing to thank you for your donation to your partner school, St Joseph’s Primary School, Cherrapunjee, NE India. Your generosity enables these children to have better access to resources which will enhance their educational opportunities.”

Ms Adriana Coniglio
Assistant Principal

PASTORAL CARE

We offer our sincere condolences to the Tig Tig family (Paolo – Year 6 2015) on the death of their husband and father Felix during the school holidays. May Felix rest in peace.

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.

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.
The classroom teachers shared some aspects of the policy with you at the Parent Information Evening and further information, in regard to the policy will be placed in next week’s Newsletter and can also be found on the school website

http://www.aranmorecps.wa.edu.au/policies/

Ms Adriana Coniglio
Assistant Principal

SUSTAINABILITY

We are searching for a new school vegie gardener for this year. We are looking for someone to tend to our garden, assist with planting and work with teachers and students.

This person would be required to be in the Aranmore garden approximately once a week in Terms Two and Three. In Terms One and Four, the person would only need to come in once to prepare and then tidy up.

Parents, Grandparents, neighbour….if you know someone who would be keen to undertake this role please let Mrs Ellen at the office know or come see me in Year Three Red for further information.

Mrs Lynne Raschilla
Garden Co-ordinator

MUSIC

Band Auditions
Limited places are available in the School Band for students in Years 5 & 6 who have a high level of achievement on Guitar, Piano, Violin and Flute. Auditions will be held on Wednesday 10th February in the Music Room. The students are very fortunate to have Mr Russell Holmes taking them for their Band rehearsals. Russell is a professional musician with his own Jazz Trio and he also lectures at WAAPA in Jazz. He is currently performing at the Perth Town Hall as part of the Fringe Festival, this Friday and Saturday nights.

Instrumental Lessons
If you would like your children to receive lessons on a particular instrument please ask for an enrolment form for the Instrumental Programme at the Main Office. Lessons are offered for the following instruments: Drums – Mr Robert Corvalia; Guitar – Mr Rudy Yusof; Voice and Saxophone – Mr Rhys Wood; Violin – Mr Richard Price; Piano – Mrs Sandy Barnett, Ms Lucia Di Vincenzo; Flute, Clarinet and Piano – Mrs Roslyn Twine. If you have any questions with regard to the program please speak to Mrs Twine.

Music Practice Diary
All students learning an instrument require a diary for their teacher to record what they need to practise and for the student to write down what practice they have done. This helps by:

- Maintaining a record of lessons attended
- Teachers are able to write down what the child should be practising
- Parents are able to see what their child should be practising

- Students have a place to record the practice they have done (please encourage your child to do this as it visually reinforces their achievement during the week)
- Over time it helps to establish a routine approach to learning their instrument
- It provides a means of communication between the parents and teacher

The diary is designed to last for the whole year and from this year there will be a small cost of $2.00 to help cover the cost of producing them. The diary will be given to the students at their instrumental lesson.

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.

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.
**SPORT**

**Aranmore Swim Club**
Welcome back swimmers and coach Trish. It was so good to see a return of our regular stalwarts on Tuesday morning in the outdoor pool. Even though we are having swimming lessons again next week it would be great to see our 13 swimmers from Tuesday and others along next week. Remember the swimming carnival is the 31 March so it is a good time to start getting fit for this. See you next week Tuesday 7am at Beatty Park.

All new swimmers interested in finding out more can contact me on 94431665 or roslynsoanes@bigpond.com

**Mrs Roslyn Soanes**  
Swim Coordinator

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**P & F**

Dear Parents,

**Welcome to 2016!**
This year the P&F will be communicating with you a little differently. Communication regarding P&F events will be coming from a central email, taking the pressure off our wonderful Class Reps.

Our next event is the Family Bush Dance. Friday 12th February, 5.30pm on the back oval, behind the school hall. The Southern Cross Bush Band are back, and we will be welcoming some Barnyard Buddies too! Sausage Sizzle, drinks and icy poles will be available for purchase, so bring a picnic rug and get your dancing shoes on!

If you are able to help out either prior to, or on the evening please let me know, 0424 931 215 or email mama_elle2002@yahoo.co.uk

**Sausages and Bowel Cancer**

Sausages and Bowel Cancer – how will this affect our Aranmore Sausage Sizzle days?

The following article was prepared by Dr Roslyn Giglia, dietician and nutritionist. She has many years’ experience in public health nutrition and further study in Public Health (MPH) and nutritional epidemiology (PhD). As an Aranmore CPS school mum (Roslyn Soanes) she has been helping the Leadership Team and School Board with the Healthy Food and Drink Choices Policy and address food issues as they arise.

Last year in October, the World Cancer Research Fund (WCRF) released information from cancer research data that showed there was an increased risk of bowel cancer with eating processed meats. This new data was supported by the World Health Organisation (WHO) and other leading agencies around the world including the NSW Cancer Council. But what does this mean for the sausage sizzles in our Aranmore community?

Processed meats include bacon, salami, chorizo, corned beef, luncheon meats (e.g. ham, polony), some sausages and hotdogs. However compared to the risk of developing bowel cancer from cigarette smoking or drinking alcohol it is quite low.

But children don’t drink alcohol or smoke so we need consider other risk factors for children for getting bowel cancer. It is important to consider if there is a family history of bowel cancer, if they are physically active and if they are overweight. These are very strong predictors of bowel cancer and it would be more important from a public health perspective to look at:

- getting our kids away from the screens and playing,
- eating an all-round healthy diet that includes lots of fresh fruit, vegetables, lean meats and wholegrain foods, and
- our children being the right weight for their height, not too heavy or not too light.

It makes far more sense to focus on these factors which will affect the overall general health of our children because bowel cancer is mostly a disease we see as people age. We should all consider limiting our processed meats and reinforcing that sausage sizzles are a treat and we shouldn’t be having them too often. Try using other alternatives such as kebabs, fresh mince hamburgers, or sausages that are free of the preservatives which are thought to be responsible for how the cancer may develop. In the long term if we balance our occasional sausage sizzle with lots of fresh food at home and school, and plenty of exercise we are doing the best for our children.

The P&F are currently researching preservative free or lower preservative sausages for the three fundraising Sausage Sizzles per year and the staff are looking at some alternatives for celebrations on Aranmore Day, Mercy Day and Mission Week.

**Mrs Elle Gonzalez-Skuja**  
President P&F

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**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

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**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.

**Ms Adriana Coniglio**  
Assistant Principal
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!!
Dear Parents/Caregivers

Welcome to the start of the 2016 school year. The year promises to be full of possibilities in all our 163 vibrant, faith-filled learning communities each of which are centred on the person and teachings of Jesus Christ.

Pope Francis has declared 2016 the ‘Year of Mercy’. This challenges us all to be ‘merciful like the father’ in our daily lives. Imagine the transformative effect our school communities could have on society, if we were to take up Francis’ challenge, in our families and those we work with, as well as those who find themselves alienated, lonely and despised in society. Your school community will be creating a range of opportunities for students and families to honour and celebrate this special year and I encourage you to get involved.

If you are new to our system I would like to extend a very warm welcome to you and your family. You are joining Catholic education at an exciting time. We are in a period of significant growth and we have once again demonstrated sustained system-wide improvement in last year’s WACE results.

In the last three years we have opened seven new schools and colleges and 2016 marks the opening of Salvado Catholic College for the first time. I wish the students, parents and caregivers involved in the College’s foundation year all the very best.

All Catholic schools rely on the contribution of the 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 more than 11,000 dedicated school staff and principals can ensure that our Catholic schools help students across the state reach their God-given potential.

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

Yours sincerely

Tim McDonald
Message from
Most Rev Timothy Costelloe SDB
Archbishop of Perth
To all Primary and Secondary
Catholic Schools in the Archdiocese of Perth

January 2016

Dear Friends and Colleagues,

As I did last year I want to take this opportunity to wish you all a very happy and fulfilling 2016 as the new school year gets underway. In a special way I want to acknowledge all those who are joining our Catholic system for the first time. I hope you find your time with us to be richly rewarding.

In our Catholic world this year we are living a jubilee Year of Mercy, called for by Pope Francis. For that reason I want to invite all of you to put at the heart of your efforts this year this quality of mercy. No doubt “mercy” means different things to different people. In my own reflections I have come to think of it as being all about “large-heartedness”. Mercy calls us to go beyond the letter of the law, or the strict limits of our contracts, or overly-careful calculations about what we or others deserve. “Large-heartedness” calls us to look at life through a different lens, with different eyes. We don’t look so much at what we, or others, deserve or have earned or have a right to. We look at what will be most enriching, life-affirming and uplifting. We try to look at a person’s deepest needs and hopes, rather than at their “just deserts”.

In our schools this will obviously play out in our relationships with the young people we serve who are, of course, our central concern. But it will also play out, very importantly, in our relationships with each other, and with the parents of our young people, even those who can at times be very demanding or even, in our view, unreasonable.

Pope Francis has reminded us that Jesus himself is “the face of the Father’s mercy”. A Catholic school community, grounded as it must be on the person and teachings of Jesus, has as a primary responsibility the task of reflecting this face of Jesus, this face of mercy, to all those who come in contact with the school. But as well as being a serious obligation for all of us who are part of a school community, this is also a recipe for a truly harmonious, happy and life-filled school.

May your school be a reflection of the face of divine mercy in 2016.

Yours sincerely in Christ

+ Timothy Costelloe SDB
Most Rev Timothy Costelloe SDB DD
Archbishop of Perth