

Newsletter



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

20 Brentham Street, LEEDERVILLE WA 6007 | Tel: (08) 9444 9366 | admin@aranmorecps.wa.edu.au | www.aranmorecps.wa.edu.au

He said, "There are only two days in the year that nothing can be done. One is called *yesterday* and the other is called *tomorrow*, so today is the right day to Love, believe, do and mostly live." Dalai Lama

Dear Parents

Lent is a good time to disentangle ourselves from all the things that get us tied up in knots. It is a time when we are called to simplify life and to focus more on others as we prepare to celebrate Easter. It is the season to work on our inner freedom. Although it is autumn in Australia, it is time for a spiritual spring-cleaning. Here are some simple daily suggestions to take you up to the First Sunday in Lent :

- o Slowly read Psalm 63
- o Take part in a community justice activity.
- o Sit for a while in a park you often drive past without stopping.
- o Wear odd socks as a reminder that life is never neat and tidy.

Stay tuned for some more suggestions in next week's newsletter.

On Wednesday we gathered together as a school community to celebrate our **Ash Wednesday** Mass, marking the beginning of Lent. Lent prepares us for Christ's Resurrection on Easter Sunday. Taking place 46 days before Easter Sunday, Ash Wednesday is one of the most important holy days in the liturgical calendar and signals a season of prayer, reflection, penance and fasting. Coming from the ancient Jewish tradition of penance and fasting, Ash Wednesday involves applying ashes, made from blessed palm branches from the previous year's Palm Sunday Mass, to a person's forehead. The ashes applied to the forehead symbolise the dust from which God made us. The priest speaks the words:

"Remember that you are dust, and to dust you shall return"
or "Repent and believe in the Gospel."

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.

As a community we gather every Friday for either a Performance Assembly or Prayer Assembly. In addition to this, classes have an opportunity to share with the year group either a Mass or Liturgy. This Mass or Liturgy forms part of the class Religious Education program. An invitation is extended to parents and grandparents, caregivers and other family members. It is requested that **no siblings** are taken from their class to attend these liturgies. This is key teaching and learning time for other students who will also have an opportunity to attend their own class liturgy or mass during the year.

Please look out for a separate letter from me tomorrow regarding the **land exchange** between the Sisters of Mercy and the City of Vincent. You all have an opportunity to have your say before Monday 18th March and I encourage you to take up this offer following the guidelines in the letter.

Wishing you a safe & enjoyable weekend, with God's blessings ...

Mrs Lisa Deans
Principal

RELIGIOUS EDUCATION

"The future does have a name... and its name is hope." ...Pope Francis

**PROJECT
COMPASSION**

**PROJECT
COMPASSION**



This fundraising event began on Ash Wednesday and will run until the end of Term. This year's Project Compassion theme "**Give Lent 100%**"—showcases the many ways we work around the world with our local partners to offer hope to people most vulnerable to extreme poverty and injustice.



Through your generosity during Project Compassion this year, you are empowering communities with hope and helping those in great need to shape a better future for themselves, their families and their communities.

Lives change when we all give 100%.

You can donate through School and Parish boxes and envelopes, or by visiting www.caritas.org.au/projectcompassion

Miss Sarah Lister & Miss Kate Johnston
Assistant Principals

CURRICULUM

PARENT INFORMATION SESSION (3 -6) – LITERACY PRO

Literacy Pro is a new reading program the school has implemented in Years 3-6. If you would like to know more about this new program, come along to our parent night. Please register your interest on the school website or [click here](#).

Literacy Pro
Parent Information Session
13th March – 6:30pm to 7pm – Library

LEARNING JOURNEY AFTERNOON/EVENING TUESDAY 9th APRIL: 3:15 – 6:30pm

On Tuesday 9th April, we will hold our class Learning Journeys. These begin at 3:15pm and will conclude promptly at 6:30pm. Parents are encouraged to plan a visit between the opening and closing times, reflecting and sharing in their child's learning journey. More information will appear in future newsletters.

CRUNCH AND SIP

Just a reminder we are a Crunch and Sip School. Crunch & Sip is a set time during the school day to eat vegetables and fruit and drink water in the classroom. Students bring vegetables or fruit to school each day for the Crunch & Sip break. Each child also has a small bottle of water in the classroom to drink throughout the day to prevent dehydration.

The **objectives** of Crunch & Sip are to:

- increase awareness of the importance of eating vegetables and fruit and drinking water

- give students, teachers and staff an opportunity to eat vegetables and fruit during an allocated Crunch & 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



Preparing and storing Crunch & Sip

- Wash all fruit and vegies. Get the kids involved in this!
- Cut fruit and veg into easy-to-eat pieces
- Store fruit and veg in a sealed container
- **Chill** in an insulated lunch bag for extra crunchiness

Time saving tips

- Prepare vegie sticks in advance! They will stay fresh in the fridge for several days if kept in an airtight container with a wet paper towel.
- A whole carrot, apple or celery stick is perfect for older kids – no chopping required! Sugar snap peas, cherry tomatoes and grapes are good for little ones.

Miss Sarah Lister & Miss Kate Johnston
Assistant Principals

ADMINISTRATION

ARANMORE CATHOLIC PRIMARY SCHOOL OPEN DAY

Please share our Open Day event with your neighbours, friends and family. We welcome all new enrolments into our Catholic School community. There will be a guided tour on Thursday 21st March at 9:30. Families can register their attendance via our school website.

ARANMORE CATHOLIC PRIMARY SCHOOL FACEBOOK PAGE

Don't forget to like and share our school Facebook page. Follow the Aranmore Catholic Primary School Facebook page for updates on school events and special celebrations. Scan the QR Code for access or [click here](#).



Miss Sarah Lister & Miss Kate Johnston
Assistant Principals

SOCIAL WORKER

KINDNESS

Did you know that when children learn and practice **kindness**, serotonin levels increase, leaving them more open to **learning**? In addition, being kind is crucial for establishing and maintaining good friendships. They go hand in hand!

Kindness might seem like such a simple quality... but unless we TEACH children to be kind, it won't become an integral part of their being. Kindness can be learned like any other skill.

So **HOW** do we teach kindness to children?

One way is through **stories** and **examples**. And usually watching **MOVIES** where characters demonstrate kindness and compassion work way *better* than lecturing kids on the virtues of kindness.

Please have a look at the movies listed in the link below. You will obviously need to work out which of these movies work and fit with your family.

https://cdn.shopify.com/s/files/1/2013/0229/files/35_movies_friendship_and_kindness_4ab18c34-fa6f-4885-9943-72955d17c65c_2048x2048.png?v=1551315099

Mrs Ali Fisher
Social Worker

P & F

FAMILY CAMP OUT

The Camp Out will be held on Saturday 23rd March in the Adventure playground area. Please note that any relatives other than parents who plan to sleep over must have a Working with Children Check. Please contact the school office for further details. To book your spot at the camp out please follow the link below.

<https://www.trybooking.com/BBAAW>

More details in the flyer at the end of the newsletter.

HELP NEEDED

The P & F are seeking a new parent who is able to co-ordinate the annual selling of Entertainment Books. Paula Buttigieg has been co-ordinating the books up until now and has offered for this year to be a 'transition' year and work with the new co-ordinator to 'show them the ropes'.

This is the ideal job for a parent who would like to be involved in raising valuable funds for the school community. The job can primarily be done from home and mainly involves distributing the books, collecting returns and sending reminders. You also get to attend the VIP launch which is a great evening with drinks, canapes and prizes to be won!! This job could be shared amongst a pair of parents. Anyone interested in helping out can contact Paula Buttigieg on 0408 100 420 or buttsoz@hotmail.com

Mrs Alison Wilmot & Mrs Andrea Tan
Co P&F Presidents 2019

CANTEEN

MON	11 Mar	Caroline
WED	13 Mar	Caroline
FRID	15 Mar	HELP NEEDED

Please contact Caroline on 0409 200 633 if you are able to help in the Canteen

MERCY VALUE OF THE WEEK HOSPITALITY

Be welcoming, friendly and inclusive
In all you say and do

7 MARCH 2019

SPECIAL REMINDER DATES FOR TERM ONE

- Parent Literacy Workshop (K-2) – Thursday 7 March
- Parent Information Session (Literacy Pro 3-6) – Wednesday 13 March
- Faction Swimming Carnival – Friday 15 March
- Open Day – Thursday 21 March
- Family Camp Out – Saturday 23 March
- P&F Sausage Sizzle hosted by PP, Yr2, Yr4 & Yr6 Parents – Tuesday
- K-6 Learning Journeys (3.15pm – 6.30pm) – Tuesday 9 April
- Aranmore Day – Thursday 11 April
- Term One concludes – Friday 12 April

ALL SACRAMENTS PREPARATION NIGHT:

Wednesday 3 April - 7:00pm St Mary's
(Years 3, 4 and 6)

COMMITMENT & ENROLMENT MASSES FOR ALL SACRAMENTS:

Saturday 6 April & Sunday 7 April

CONFIRMATION

- Confirmation Parent Night 1: Wednesday 10 April 7pm St Mary's Church
- Confirmation Parent Night 2: Thursday 23 May 7pm St Mary's Church
- Confirmation Retreat & Rehearsal Day: Saturday 25 May 1:30-4:30pm
- Sacrament of Confirmation: Saturday 8 and Sunday 9 May

RECONCILIATION

- Reconciliation Parent Night 1: Wednesday 31 July 7pm St Mary's Church
- Reconciliation Parent Night 2: Thursday 15 August 7pm St Mary's Church
- Reconciliation Retreat & Rehearsal Day: Saturday 17 September 1:30-3:30pm St Mary's Church
- Sacrament of Reconciliation Night: Thursday 22 August 7pm

FIRST EUCHARIST

- Holy Communion Parent Night 1: Wednesday 7 August 7pm St Mary's Church
- Holy Communion Parent Night 2: Thursday 5 September 7pm St Mary's Church
- Holy Communion Retreat & Rehearsal Day: Saturday 7 September 1:30-4:30pm St Mary's Church
- Sacrament of First Communion: Saturday 14 6:30pm and Sunday 15 September 10:30am St Mary's Church



Family Camp Night

Join in the fun with other Aranmore families and pitch a tent on the school grounds (around the Adventure Playground area) for a camp night.

Saturday 23rd March

When: Set up from **3pm**

Play before a BBQ dinner.

Pack up after a BBQ breakfast the following morning.

\$10 Family Camp Fee

Sausage sizzle (\$3), hamburgers (\$5) available for purchase on the night.

Bacon and egg rolls (\$5) available in the morning.

Note, orders to be processed prior to the event.

- BYO additional food & drinks
- Alcohol Free event
- Tents only (or swags/mattresses)
- Pre-Kindy to Year 6 Aranmore CPS children all welcome
- School amenities will be available
- Any relatives other than parents who plan to stay the night need to undertake a Working with Children Check.

Family Camp Fee and Food bookings to be made at

<https://www.trybooking.com/BBAAW>

Deadline: Monday 18th March 2019

Queries: Sharon O'Halloran, skro1979@iinet.net.au or 0413 456 724

