

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

Dear Parents

Next week we commence our special **Advent Prayer Assemblies** in preparation for Christmas. The Advent Assemblies will comprise lighting the Advent candle on the Advent wreath and prayers associated with the particular Sundays in Advent. As we will be having a major focus on our preparation for the coming of the birth of Jesus through our Advent prayer assemblies, we will not be having any of the other parts of our normal assemblies. Parents are invited to our special Advent Prayer Assemblies which will be prepared by the Year 5 and Year 6 classes and will take place on Wednesday and Friday mornings (please check the calendar or newsletter for dates).

Shortly the teachers will be allocating the children into their classes for **2019. Class placements** are a team decision made in consultation with classroom teachers and the Leadership Team. Teachers spend a lot of time and give great consideration to the placement of children and I believe that their professionalism should be respected. Consideration for placement is made using the following criteria:

- Academic ability
- Sociograms / Friendships- each child is given the opportunity to list six children they might like to have in their class. The teacher uses the list in sorting class placements to ensure the child has at least one of their nominated people in the class.
- Gender and cultural balance
- Religion balance
- Pastoral / Social / Emotional
- Special Needs e.g. twins, special education etc.
- Behaviour

Every effort is made to place children where it is felt they will have the greatest opportunity to succeed educationally. As all teachers at Aranmore are very professional and of an excellent standard, children will receive a high quality of education no matter which class they are placed with. **If your child has special pastoral issues which may need consideration in placement, please do not approach the class teacher, however put these in writing to me by Monday 26 November and they may be considered.** Parents should understand that requests for particular placement cannot be guaranteed. Requesting a certain teacher is not a consideration.

It is good for families to know placements for the following year so that they are able to arrange for children to get together over the holidays if they wish. Children will be notified of their class on the last day of school. These will be pinned up in the hall. If your child is not returning to Aranmore in 2019 please advise the office in writing immediately as class lists are currently in the process of being finalised.

I hope that you had a chance to visit **Gallery on Brentham** this week in the Hall. The classroom teachers undertook art projects with their individual classes and we had a very creative display based around the theme of 'Australiana'. We have very talented students at our school! A big thank you to Mrs Tancredi who coordinated the event and to Mrs Panaia, Mrs Rimmer and Mr McGorrery for assisting with the set up. Mrs Marion Joy and Mrs Penny Carroll, our special local artists from the Leederville Retirement Village, assisted in selecting the various category winners of the Gallery on Brentham for 2018, all who will be announced after the Advent Prayer Assembly on the 23 November.

This Sunday **18 November at 2.30pm** some of the children in our Instrumental Programme will be sharing their talent with family and friends in our school Hall by hosting a **Music Concert**. Everyone is most welcome to come along and sit back and have a relaxing afternoon of delightful music. On **2 December at 5pm at the Leederville Lights Festival** our school choir will be performing a mini musical called The Magical World of Toys. Please come along and enjoy the afternoon and support our children and Mrs Twine.

As a special 'Thank You' to all parents and grandparents and volunteers who have helped at the school in *any way* throughout the year...with Reading rosters, excursions, covering books, Canteen roster, garden, library, craft, Sports events, P & F involvement and the list goes on and on...you are invited to a **Volunteer Afternoon Tea on Thursday 22 November at 2.00pm in the Library**. Please call, email or respond via the reply slip on the website <http://www.aranmorecps.wa.edu.au/event/volunteers-afternoon-tea-4/>

I look forward to seeing many of you at the afternoon tea.

On Tuesday evening we held the **Annual General Meeting** for the School Board and the P&F. Thank you to the staff and parents who attended. Thank you also to Mrs Roslyn Twine and Mr Russell Holmes for coordinating the School Band entertainment before the AGM. It was terrific to see the stallholders trading their wares on the night too.

As always there is a great team of parents who make up our very enthusiastic and keen **P&F Committee**. Thank you to the **P&F Executive 2018**:

Special thankyou to Elle for all her great work as President this year. Her never ending enthusiasm, creativity, dedication and support to Aranmore CPS is always very much appreciated. Many thanks to Jennifer in the role of Vice President. Her support this year has been wonderful and I would like to thank her for all her great work in this role and for being a great support to Elle. Thankyou to Rita for her great work this year as Treasurer. Her financial expertise and commitment is always very much appreciated. Thankyou to Paula Buttigieg for being so efficient and organised in her role as Secretary once again this year.

All four ladies finish on the P&F Executive this year after their 4 year commitment and I thank them all for their outstanding effort during this time (and longer as members of the P&F Committee).

All P&F committee members and coordinators of all events and functions this year, you work well together as a team and work so hard to enrich the wonderful community spirit we have at our school. I thank you for all your hard work in organizing a variety of fundraising and social events this year – another outstanding effort. I look forward to working with you in 2019.

The **2019 P & F Executive** - Alison Wilmot and Andrea Tan (Co-Presidents), Suzie King (Treasurer), Jodie Kariyawasam (Secretary)

A Huge THANK YOU to the P&F for their outstanding 'friend raising' and fundraising in 2018.

**The P&F handed a \$30,000 cheque to the school on Tuesday evening at the AGM. This was over and above other fundraising amounts raised during the year.
That is an outstanding feat!**

The money will go towards the renovation of the Multi-purpose Courts.

On behalf of the Aranmore CPS community... THANK YOU SO MUCH

My sincere thanks to all 2018 Board members for their contribution and dedication during the year. A special thank you to Father Angelo for all the spiritual guidance he has provided for our school community during the year at liturgies and through the sacramental programme.

To Martin Boylen, School Board Treasurer, I thank him for his valued input and dedication in reviewing the finances of the school this year but more importantly for his dedication over the last 6 years. His commitment and expertise has been very much appreciated.

Thankyou to Darren Kowal for his work on the Board and in the role of Secretary. His hard work has been very much appreciated. Darren concludes his time on the board after serving for 3.5 years. Special thank you to Peta Edler who joined us this year on the Board and for her work on the Sustainability Committee. Peta leaves us to go back over east with her family.

Thankyou also to Jacquie Kubacz for her first year on the Board and to Alf Parolo in his role as P&F Representative to the Board. My sincere thanks to all 2018 Board members for your contribution and dedication during the year. Your commitment has been very much appreciated.

I look forward to working with the **2019 School Board** – Jeff O'Halloran (Board Chair), Jason Gaudoin (Treasurer), Jacquie Kubacz (Secretary), Alf Parolo (P&F Rep), Paula Buttigieg and Elle Gonzalez-Skuja, Father Angelo, and Sarah Lister and Kate Johnston (Assistant Principals).

Staffing for 2019 was also announced and there is included in the newsletter. Please note that there may be changes to the staffing list prior to school commencing next year.

BOARD ACTIVITIES FOR 2018

Mercy Sisters: Security of Land Tenure for the School

The Board has continued to work with the Sisters of Mercy, who own the land the School is situated on, to audit their properties, renew leases, undertake risk management and ensure all is in order to ensure security of tenure for the School going forward.

Promoting the School

The Board has continued to focus on marketing the School, in particular to get the message out to the wider community about our wonderful School, its facilities and programmes and strong community spirit. Some of the marketing tools we focussed on this year were our School Facebook Page, advertising, an increase in our School tours and Open Day for prospective families and our community link with Rosewood Aged Care and Leederville Garden Retirement Village. There was also a consultation process with CEWA. This is an ongoing project for the Board and the School.

City of Vincent

Together with the Sisters of Mercy, the Board has been part of discussions over the last couple of years regarding the City of Vincent owned land surrounding the School.

Finances

The Board has managed the School Finances in a careful fashion.

Sustainability

The Charter for Sustainability continues to be used to inform decisions the Board and the School makes. A Sustainability subcommittee reports to the Board in respect of these issues and this year there has been a focus on waste and energy.

Strategic Plan

The Board and the School have continued to implement the Strategic Plan, which spans a five year period and directs strategic decisions for the School.

Information Communication Technology

A major focus this year has been in the ICT area. This year the Board worked with the Leadership Team in regards to a Strategic Plan for ICT. The wifi was upgraded throughout the whole School; the process for the replacement of smartboards with new Interactive Whiteboards has commenced with 6 classrooms and the Library receiving new equipment; a 3D printer was purchased; the PA system was upgraded; and the Board has commenced discussions regarding the future of ICT student devices in the School.

Contemporary Classrooms

The Board has supported the rollout of contemporary classroom furniture in Years 3-5 as 21st Century teaching/learning pedagogy is embraced by the staff and students.

Renovations

The PP toilet block was completely renovated during the Christmas holidays and ready for use at the beginning of the 2018 school year.

BOARD ACTIVITIES FOR 2019

Our Strategic Plan 2016-2020 provides direction for future planning for the School, therefore for 2019:

- Supporting the School in continuing the **Catholic faith formation** of the families within the School community, and continuing to support embedding the Mercy Values.
- **21st Century Teaching/Learning** including Information Communication Technology and Digital Technology – further roll out of technology in the classrooms eg **Interactive Whiteboards and contemporary classroom furniture**.
- Assisting and supporting the School in **educating parents** regarding 21st Century Teaching/Learning, Information Communication Technology and contemporary classroom environments.
- **Promoting the School**- continue to explore marketing strategies with CEWA to showcase the School to the wider community. CEWA **Marketing and Communications** is running a **pilot program in 2019** to test a platform that may help with school social media channels. Aranmore Catholic Primary has been specially invited to be part of the trial. Social media has significant potential as a means of promotion, community engagement and collaboration for schools, with the ability to measure results in real-time.

- **Playgroup** – offer babies, toddlers and young children in our School, parish and local community the opportunity to learn about the world, make friends and develop social skills. A great way to welcome new families into the School community.
- **Sustainability Programme** – the Board and the School will continue a strong emphasis on sustainability principles in its decision making.
- The **Multi-purpose courts** and associated fencing are next on the list for refurbishment.
- Moving into 2019 there will be some significant upgrades made to the school grounds. This includes modifications to the existing school gates and how they operate. This includes an **intercom system for visitors** to announce their arrival to the front office and school security cameras in the outdoor areas. As we endeavour to make our school secure and safe, access to the school is to have **automated and electronic gates**.
- **Security cameras** around the school and security upgrades
- **Fees** - In 2019 there will only be a small 3% increase in fees. Please click on the following link which will take you to the 2019 school fees on our website: <http://bit.ly/2FA6N1F>

2019 Focus Areas

Learning – Literacy

- # Embed Talk For Writing
- # Vocabulary
- # Early Childhood – Phonological Awareness scope & sequence PK-2

Engagement – ICT and DT

- # 21st Century Teaching/Learning
- # Expand Contemporary Class Environments
- # Embed integration of technology as a tool for learning
- # Parent Workshops – Contemporary Learning & Technology Learning area
- # Pilot program to test Digital Stack platform to assist with school social media channels

Accountability

- # Talk For Writing - Data analysis, rubrics, case managements
- # Embed Grammar Data Wall

Discipleship – Faith Formation and Social Justice

- # Relationship with Rosewood Aged Care – Intergenerational sessions, choir
- # Review Evangelisation Plan

Exciting news for 2019...

The Board and the Leadership Team are very excited to be offering Science as a specialist subject at Aranmore CPS from 2019. The school will be moving from having a Library teacher to a Science teacher. There are many primary schools who have made this transition already as Science becomes a focus in schools. Library is not a learning area within the WA Curriculum and the skills that were once taught in Library are now embedded into the Humanities and Social Sciences (HASS) and English curriculum taught by the classroom teachers eg. promotion of literacy/reading and information literacy. Mrs Gray will become the Science Teacher and **all students from K-6 will attend specialist lessons in our newly proposed, Science Lab** (former Learning Hub).

The Australian Government regards high-quality science, technology, engineering and mathematics (STEM) education as critically important for our current and future productivity, as well as for informed personal decision-making and effective community, national and global citizenship. This new specialist area will help aid our STEM programme.

We are extremely lucky at Aranmore to have a huge and very well resourced Library area. The Library will become our **new Contemporary Learning Space** (replace the Learning Hub) and will be used by all classes. Teachers can use this space for a variety of lessons such as Design and Technology lessons, collaborative work, a maker space area etc. There will be: stand up tables with a whiteboard surface top so students can brainstorm, draw and write ideas; 9 manta ray tables that can come together or be separated for a flexible learning space; a booth for quiet learning area; a star burst couch for collaborative learning and discussions; the library books will still be a part of this area. The glassed room will be turned into a **Green Screen room for ICT filming**.

Mrs Gane will still be the Library Assistant managing book exchange and the school's information resources. Each class will have a weekly book exchange session in the Library and the teachers will still be able to utilise the current library resources eg: research, projects.

ARANMORE STAFF 2019

- ❖ **Principal:** Mrs Margaret Williamson
- ❖ **Assistant Principal:** Ms Sarah Lister
- ❖ **Acting Assistant Principal:** Ms Kate Johnston
- ❖ **Pre Kindy:** Mrs Janine Del Grossi
- ❖ **Pre Kindy Education Assistant:** Mrs Karen Krikstolaitis
- ❖ **Kindergarten:** Mrs Lorna Brook, Mrs Anna Tancredi
- ❖ **Kindergarten Education Assistants:** Mrs Karen Krikstolaitis, Mrs Joanne Cox, Mrs Julie Gannaway
- ❖ **Pre-Primary:** Miss Cassandra Lioni, Miss Sarah Raspa
- ❖ **Pre-Primary Education Assistants:** Mrs Anna Drew, Mrs Teresa Torre
- ❖ **Year 1:** Ms Laura Nelson, TBC
- ❖ **Year 2:** Mrs Laura Krikorian (Wed-Fri)/Ms Kate Johnston(Mon-Tue), Mrs Lynn Raschilla
- ❖ **Year 3:** Mrs Helen Bubnich, Mrs Anita Lombardi
- ❖ **Year 4:** Mrs Michelle Meade, Mr Peter Scutti
- ❖ **Year 5:** Ms Fiona Wringe, Teacher, Mrs Morgan Foster
- ❖ **Year 6:** Mr Matthew Sharpe, Ms Mary Lannigan
- ❖ **Enrichment:** Ms Sarah Lister
- ❖ **Learning Support:** Ms Eleonora Panaia, Mrs Jennifer Chang-Leng
- ❖ **Music:** Mrs Roslyn Twine
- ❖ **Physical Education:** Mr Philip Tsang
- ❖ **Science:** Mrs Julie Gray
- ❖ **Italian:** Signora Lorena Casarotto, Signora Maria Seccatore
- ❖ **Education Assistants:** Mrs Pam Rimmer, Mrs Mary Monterosso, Mrs Natalie Vuong, Mrs Narelle Paolino
- ❖ **Library Assistant:** Mrs Imelda Gane
- ❖ **Social Worker:** Mrs Ali Fisher
- ❖ **Reception:** Mrs Amanda Ellen
- ❖ **Finance Officer:** Ms Maureen Lloyd
- ❖ **Canteen:** TBC
- ❖ **Uniform Shop:** Mrs Jill Eftos
- ❖ **Grounds:** Mr Steve McGorriery

We farewell Assistant Principal Ms Tania James and wish her all the very best as she leaves to work in an international school overseas. She will be missed by many however we will have the opportunity to say our farewells at the final assembly of the year.

The appointment process for a new Assistant Principal at Aranmore CPS was completed in October. Ms Kate Johnston was the successful applicant who replaces Ms James. She will commence in 2019 and comes with Assistant Principal experience. Ms Johnston will teach two days in Year Two and the other days will be dedicated to Assistant Principal duties.

Ms Sarah Lister who took on the role of Acting Assistant Principal this year, has been successful in gaining an ongoing Assistant Principal position at our school. Ms Lister will be dedicated fulltime to Assistant Principal duties.

We farewell Mrs Debbie Aspley and Mrs Simone Covich who have been working part-time and/or doing long term relief this year. We also farewell our Canteen manageress, Mrs Belinda Civiletti, as her last child moves to high school. We wish them all the very best in their new endeavours and they will be sadly missed by all. We will farewell them at our final assembly.

Staff on maternity leave for 2019 include Mrs Sarah Sheather, Mrs Carmen Lambert, Mrs Elena Capolingua, Mrs Danielle Wardrope, Mrs Marion Cosentino.



Mrs Margaret Williamson
Principal

RELIGIOUS EDUCATION



REMEMBRANCE DAY

On Friday 9th November, the Year 2 Green students led the school in the most wonderful Remembrance Day Prayer Assembly. The students represented the school beautifully in their reverent and reflective readings. A special thanks to Ms Krikorian, who did an amazing job of preparing the Year 2s for such an important ceremony.

ADVENT PRAYER ASSEMBLIES

Please mark these dates in your diary. Our Advent Assemblies commence Wednesday 21st November. All parents & visitors are welcome to attend. The Advent Prayer Assemblies commence at 8:45am on the following days:

Wednesday	21 st Nov Year 6G
Friday	23 rd Nov Year 6R
Wednesday	28 th Nov Year 5G
Friday	30 th Nov Year 5R

ST VINNIES CHRISTMAS APPEAL

This year St. Vinnies have a special food allocation for donations. **These will be collected tomorrow Friday 16th November.** Please remember these need to be non-perishable items. Please bring all donations directly to the classroom. As always, your generosity is much appreciated especially at Christmas time.

Miss Tania James & Miss Sarah Lister
Assistant Principals

CURRICULUM

2019 BOOKLISTS

Closing date for booklists is tomorrow 16th November (Friday). You can order online now by following this link:

<https://order.campion.com.au/>

As per last year, all booklist orders will be delivered at home to families in December once school has finished. Should you have any questions or concerns please do not hesitate to contact the office or Campion directly (08 6240 2778).

EXTENSION PROGRAMME

The Extension Programme has finished for the year and it ended on a high! The Year 4 students presented their Shark Tank inventions and Nina Burvill and Llana Ly were the winners with their toilet cleaning device. A must for all households!



The Year 5 students made robots and the Year 6 students presented their medical inventions to their peers. Well done to Estella Gillam and Mischa Gwynne for winning the competition with their headache massager. Testing for next year's programme has now begun and students will find out next year who will participate in the programme.

GALLERY ON BRENTHAM

The Gallery on Brentham art exhibition is still open and will remain open before during and after school until Monday 20th November. Make sure you come along and see the amazing talent of the Aranmore students.

Miss Tania James & Miss Sarah Lister
Assistant Principals

ICAS RESULTS

The ICAS and AMC results went home last Friday. Well done to all our students who received a High Distinction and Distinction in their results.

Year 3: Jonah Clarke, James Clocherty, Patrick O'Loughlin, Elia Santoni and Erika Coelho

Year 4: Eli Genovese, Oliver Panotidis, Angus Le Cornu Brown and Llana Ly

Year 5: Rebecca Puccini, Lachlan Murphy, Matthew Kerr and Anh Thu Pham

Year 6: Lucas Kelly and Amy Wright

TRANSITION DAYS K-2

At Aranmore Catholic Primary School, transition time is used to set children up for success in the following school year by providing a level of connectedness to the new classroom. This is particularly beneficial to children who can be anxious in new settings. Children are able to spend some time noting the similarities and differences between their current and new year level. During this time, the teacher will introduce themselves, explain their class rules and provide a fun learning activity that focuses on getting to know the child. The product of this work will be retained by the teacher and displayed on the first day of the school the following year. This helps to provide a sense of belonging and connectedness between the child and the new classroom.

Parents do not need to do anything differently on the two days of transition but you can take note of the days and times and have a chat with your child about the special time they will be having in their new year level.

Tuesday 27th Nov 11:50-12:40pm

Wednesday 28th Nov 11:50-12:40pm

INTERGENERATIONAL PROGRAMME

Some of our lovely neighbours at Leederville Garden Villas reached out to ACPS requesting some assistance in using their smartphone and tablet devices. Marion Joy, Social Secretary helped coordinate a visit from the Year 6 Communications Council who assisted our neighbours in learning to use devices like, iPads, Samsung Phones and Apple iPhones. We even had some biscuits together at the end. Marion Joy is an accomplished textiles artist who sells and exhibits her work down south.

We invited Marion and Penny, an ex-primary school teacher to join us on Tuesday morning. They had the privilege of helping to select some Gallery on Brentham winners and also had a chat to the Year 2s. We received a lovely email from Marion shortly after her visit.



"The artwork of Gallery on Brentham was of a high standard and it was a pleasure to be invited to assist in selecting winners. Many thanks for the opportunity for Leederville Gardens Retirement Village to be involved with the school. On behalf of our village I would like to thank you for visiting our clubhouse yesterday with Year 6 and thank yourself and the students for their great help in developing our knowledge of our iPhones and technical devices. It was very well received and the students were so kind to our older residents in explaining the "mystery" of the iPhone."

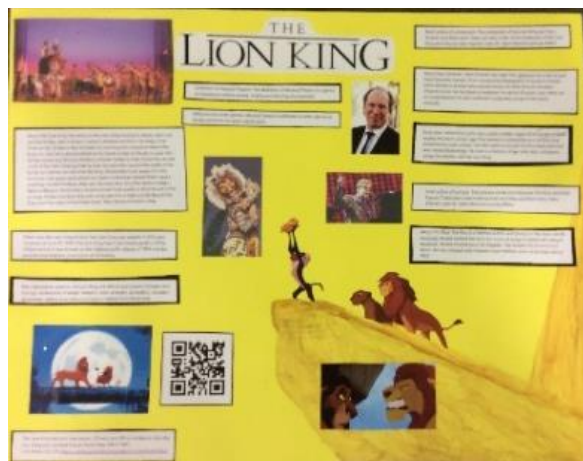
Marion Joy - Leederville Garden Villas

Miss Tania James & Miss Sarah Lister
Assistant Principals

MUSIC

Come and see the wonderful Year Six Musical posters. There are new posters up every week for three weeks. The Year Six classes had a music project where they had to create a poster about a stage musical eg. Aladdin. They had to look up when the musical was made, who wrote it, the instruments played in the musical and the composer and the lyricist. They are on the pin up board outside the Music Room next to the uniform shop. Come check them out as soon as you can!

MIA PAPPAS & SIENNA ANDO
Year 6 Students



MERCY VALUE OF THE WEEK

COMPASSION

Show you care for others
In your words and actions

15 November 2018

SPECIAL REMINDER DATES FOR TERM FOUR

- Performance Assembly 6G – Friday 16 November
- P&F Christmas Disco – Saturday 24 November
- PP Nativity Play – Thursday 29 November
- Kindy Green Nativity Play – Tuesday 4 December
- Thanksgiving Mass – Wednesday 5 December
- Kindy Red Nativity Play – Thursday 6 December
- Year 6 Graduation and Mass – Thursday 6 December
- Students last day of school – Friday 7 December

SOCIAL WORKER

FIVE WAYS TO DEAL WITH FRUSTRATIONS AS A PARENT – BY BIG LIFE JOURNAL

My favourite...Parent from a place of gratitude...practicing gratitude improves mental and physical health, increases empathy and improves sleep! So instead of saying I have to take my kids to swimming lessons say I get to take my kids to swimming lessons. It really is a privilege to be a parent.

See the other tips attached to the end of the newsletter.

Mrs Alison Fisher
Social Worker

ADMINISTRATION

PARENT HELP NEEDED!

We are in the process of removing some of the old books in the library and replacing them with some new ones. If you are available to help on a **Thursday or Friday afternoon 1:15-3pm**, can you please email the school on admin@aranmorecps.wa.edu.au your availability and further information will be forwarded to you.

STAMPS FOR THE MISSIONS

Please make a huge effort to collect all your used stamps and send them to Ms Wringe or the office in the New Year especially your Christmas stamps. We collect the stamps and they are then given to St Mary's Church as part of fundraising for the missions. These stamps are used to provide food for a family in need overseas. A simple task that could change the life of families who are less fortunate.

Thanks

Ms Wringe
Year 5 Teacher

CHESS CLUB

We now have a good amount of people coming to chess club but we always welcome more.

Exciting news! This Friday we are starting tournament rounds and playing for the awesome prize of a free treat from the canteen. You will have a chance to verse other players and best of all try your luck at beating our undefeated chess whiz Matthew. To give us plenty of time Chess will begin at the first lunch time dismissal bell so please be at the library door promptly. We look forward to seeing you all there.

Matthew Kerr and Remy Soanes
Year 5 Chess Club Members

P & F

Thank you to everyone who attended the AGM on Tuesday evening. I was delighted to be able to present a cheque to the school for \$30,000 from the P&F.

I can't believe the 4 year term of the current Executive has come to end. A huge thanks to Jen Saliacus, Rita Risano and Paula Buttigieg for their work with me on the Exec. We leave the P&F in the excellent and capable hands of Alison Wilmot & Andrea Tan as Co-Presidents, Suzanne King as Treasurer and Jodie Kariyawasam as Secretary. The new team will need your support (including a filling the role of Vice-President!), I encourage you to join the P&F; it is a wonderful way to contribute to your children's community. It's never too late to join!

Christmas Disco

Our next event is the Christmas Disco on Saturday 24th November. This is set to be a great evening for the kids. We will even be having a special guest visiting....I wonder who it will be?! We need your help to run a successful event please click here to hop on the roster;

<http://signup.com/go/VidwuXM>

See flyer at the end of the newsletter for more info on the disco.

Mrs Elle Gonzalez-Skuja
P & F President

SPORTS

Lucas Lavictoire from Year 5 Green, together with 13 other boys, will be representing Australia (WA) in an U11 soccer competition in Poland next week. His soccer development academy has been invited to participate in the Legia Cup this year playing against big European teams (Manchester U, Juventus, Liverpool...). Prior to the competition in Warsaw, the team will train in Munich and Berlin. This is a great opportunity for the boys to get challenged, experience soccer at a professional level and get to build new friendships.

Aranmore CPS congratulates Lucas on this wonderful achievement!

Mr Phil Tsang
Sports Teacher



SWIM CLUB

Fantastic that almost all children are arriving on time and ready to swim at 7am. Thank you parents for making sure this happens as it is very disruptive to the group when children arrive late. Another thank you to all those children and parents who have returned swim club equipment. I really appreciate your help and so do all the children in need of flippers and kick boards. If you still have equipment but are not regularly coming along to swim club then please return it to Mrs Ellen at the front office.

We had 26 swimmers on Tuesday morning which is an excellent turn out. Great that everyone is maintaining their weekly return and making the effort as we get to the 'weary' time of the year. Not only do we have swimming to enjoy each week but we have the swimming club breakfast to look forward to and the details are as follows.

Mrs Roslyn Soanes
Swim Club Coordinator



Invites all Swim Club members and all Interschool swimmers
To the annual Christmas Breakfast

When: Tuesday 4th December 2018

Where: Outside the school hall

Time: 7.15am to 8.15am



Please reply to roslynsoanes@bigpond.com or 94431665 so I can get an idea of who is coming and the spread of savoury and sweet foods. Or complete the slip below and pass onto me at swimming. Please bring your drink bottle and a very small plate of wholesome breakfast food (e.g. pikelets, fruit muffins, raisin bread, fruit platter) or Xmas food (e.g. shortbread) to share. We always have a lot of food and that is why a very small plate from each of us will be ample.

All Parents, Grand Parents and siblings welcome to attend.

Name: _____ Food: _____

CANTEEN

Help needed for some Fridays this Term in the canteen. Please contact Belinda on 0414 597 477 if you would like to put your name down.

MONDAY	19 Nov	Belinda
WEDNESDAY	21 Nov	Belinda
FRIDAY	23 Nov	HELP

Mrs Belinda Civiletti
Canteen Manageress

SCHOOL SAFETY UPDATE No. 4 Thursday 15th November 2018 (Week 6, Term 4)

Over the last few weeks, Aranmore Catholic Primary School has been providing a series of safety updates to our community. This will continue into the term. Some of this information may just be reminders about existing protocols and policies while other information may be about new policies or upgrades. Above all, it is imperative that the school, parents, children and community work in unison to provide optimal care to our students at all times. Their health, safety and well-being is paramount.

MORNING DROP OFF – STAFF CAR PARK

Please do not use the staff carparks as a kiss and drive area in the mornings. Whilst we appreciate wet weather conditions can prompt some parents to do this, **it is imperative for the safety of our students, that the carparks are not used in this manner.** Vehicles are constantly moving in and out of carparks throughout the mornings and afternoons due to staff arriving at different times and attending offsite meetings. There is danger in having children in the carpark while cars are reversing, parking, leaving site, etc.

Both Staff car parks should only be for staff parking and no parent/guardians should be using these for parking or a drop off/pickup point.

PRE-PRIMARY & KINDERGARTEN PLAYGROUND

Please note, for the safety of students, no children (including younger siblings) are permitted on the Early Learning Centre play equipment before school or after school. **This is a safety requirement.** Even if parents are present to supervise, please note play is not permitted. Most Catholic schools abide by this same rule for safety reasons. **We ask parents to please cooperate with the School and the Early Childhood Staff and please remind your children not to play on the equipment before and after school.**



5 ways to deal with FRUSTRATIONS as a PARENT

by Big Life Journal

1 ACCEPT YOUR CHILD AS THEY ARE

- See and know them for who they are rather than who we expect them to be.
- Tell them from the start that **you will love them...** and repeat it all the time.
- Be awake to who they are; feeling seen is an essential part of feeling loved.
- A great way to connect with your child is via their love language, you can **make them feel seen and appreciated.**



2 ALLOW YOUR EMOTIONS

- All feelings are okay!
 - When a strong feeling arises, observe it. **Pause and take a breath.**
 - When frustration arises, use the helpful practice **S.T.O.P.**
- S-** Stop what you are doing
T- Take a few deep breaths
O- Observe your thoughts and feelings as they are
P- Proceed with whatever you were doing before



3 KNOW THE "90-SECOND RULE"

- When we resist a feeling, we inadvertently remain stuck in the same feeling.
- When we accept the feeling, **it's gone in under 2 minutes!**
- In the critical 90 seconds of an emotion, be sure to communicate your strong feelings to your child and how you plan to cope with them. **"Mommy is feeling very tired and grumpy right now."**



4 PARENT FROM A PLACE OF GRATITUDE

- Practicing gratitude improves mental and physical health, increases empathy, and improves sleep. **It even changes the brain!**
- Each time you're about to say, "I have to" to, replace it with **"I get to."**
- "I have to take my daughter to ballet" versus "I get to take my daughter to ballet".
- "I have to put him to bed" versus "I get to put him to bed."



5 APPLY GROWTH MINDSET TO YOUR PARENTING

- No one is born knowing how to parent.** When frustration overtakes you, use it as an opportunity to grow from the experience, and decide what you'd do differently next time.
- When it all seems too difficult, remember the feeling of things being hard is the **feeling of your brain growing.**



biglifejournal.com